SANDOW'S MAGAZINE
OF PHYSICAL CULTURE

APRIL 26TH., 1906

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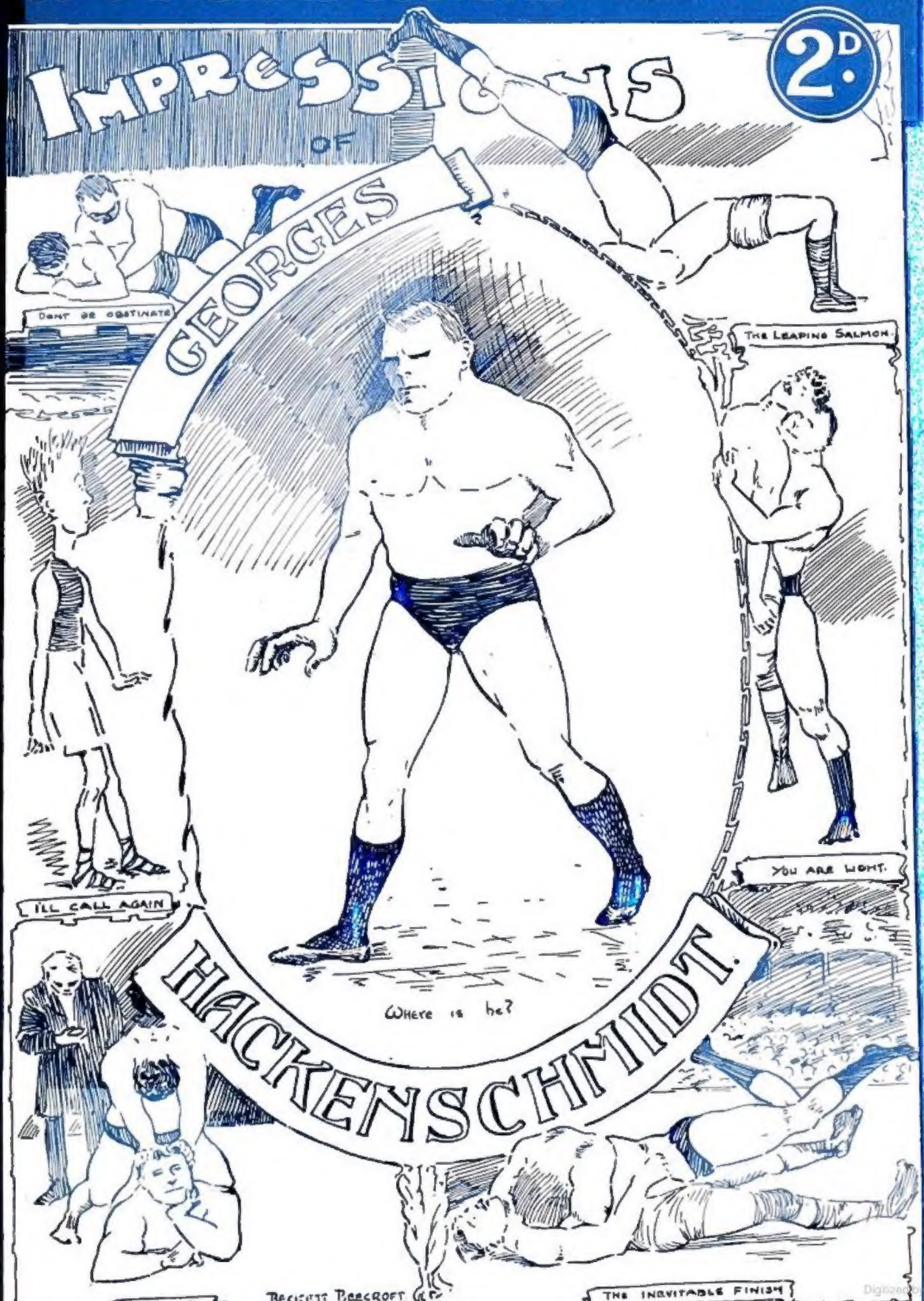

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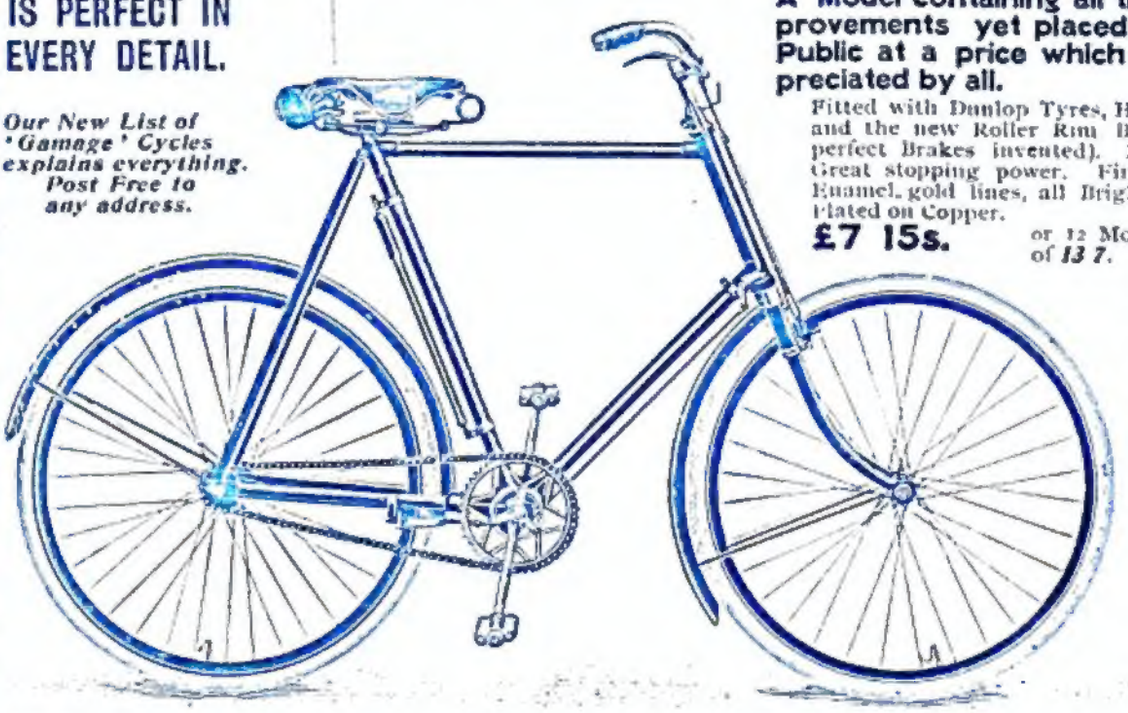

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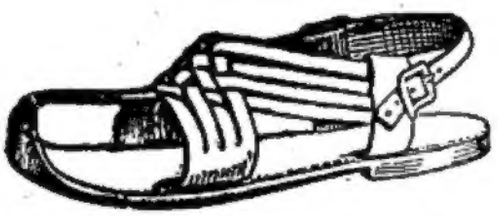

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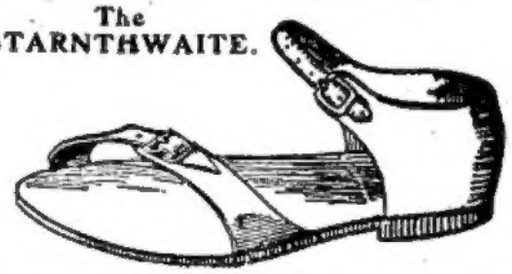

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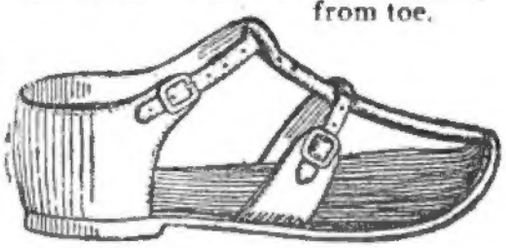

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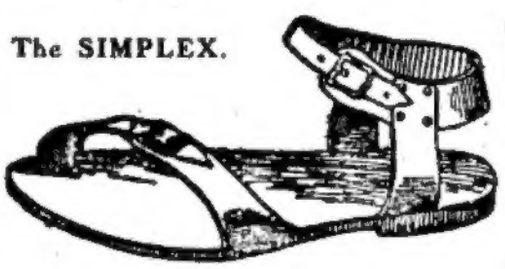

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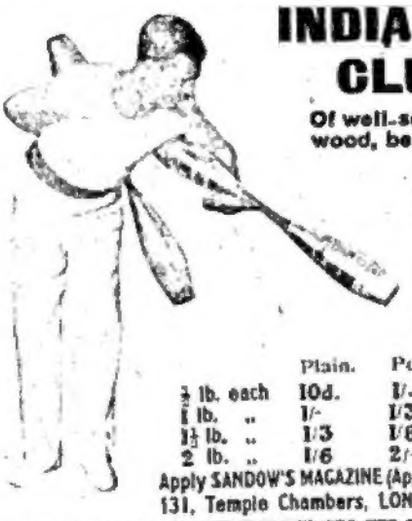

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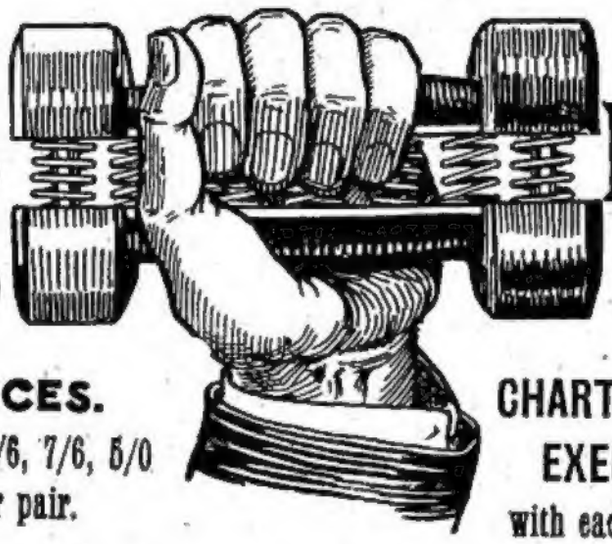

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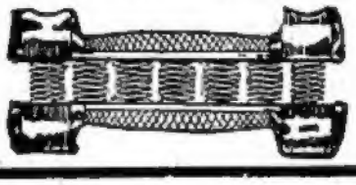

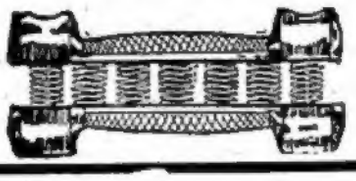

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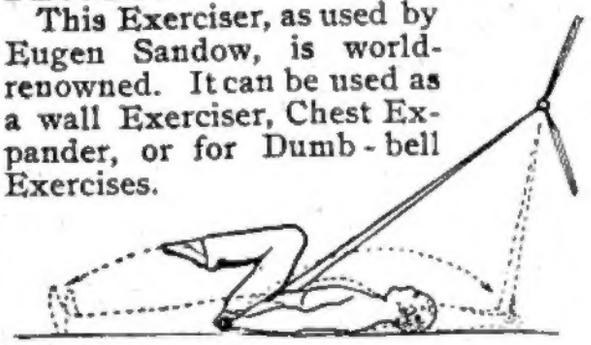

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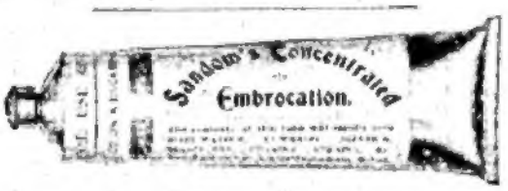

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(Est. 1898). VOL. XVI.
No. 17.

APRIL 26, 1906.

... OF ...

PHYSICAL CULTURE.

Editor: EUGEN SANDOW.
Assistant Editor: FRANK PINK.

MOTTO:—*Mens Sana in Corpore Sano*—A SOUND MIND IN A SOUND BODY.

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PUBLISHING DAY.—Every Thursday.
SUBSCRIPTION.—Annual Subscription, 10s. 6d.; Half-year, 5s. 6d.; Quarter, 3s.
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NOTES FROM MY NOTE-BOOK.

BY THE EDITOR.

Some interesting side-lights were thrown on the pernicious living-in system at the recent conference of shop assistants in London. The chairman referred to the system as "a disgrace and a scandal," and said that "the slaves of ancient Rome were in a better condition than the ordinary shop assistant of to-day." In these days of huge "stores" and warehouses situated in large cities, where methods of transit are cheap and varied, there is not really the slightest necessity for a system that is injurious to health, morality, and national efficiency. The system is too antiquated to be tolerated, and I have long advocated its total abolition. I hope this will be the outcome of the sittings of the Parliamentary Committee that has just been appointed.

o——o

At the gathering referred to, another speaker gave instances from his personal experience of the abuses of this system. For though the system itself is bad, it is made much worse by the introduction of abuses by rapacious employers and toadying "shop-walkers." The conditions under which he himself was compelled to live, said the speaker, would lead any young man to prefer the comparative comfort of a saloon lounge to his present state. The ceiling of his attic bedroom was open in many places to the sky, and during the winter months no fires were allowed after tea. It was a well-known fact amongst his colleagues that the meat served up to them for dinner had to be previously taken into the cellar and scraped and washed "to get the green off" before being cooked. The food frequently was unfit to eat, and in spite of this the assistants were not allowed to purchase anything from outside.

o——o

Other startling revelations were given. The Chairman instanced a certain establishment not one mile from the City

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which was owned by a bachelor tradesman. The staff of assistants were "living-in"; and the young men had in turn to wait upon their employer at meal times and take their tasks in ordinary housework. Then the assistants were compelled to rise at an early hour in the morning, snatch a hurried breakfast of bread and butter and tea, and start their 14 or 16 hours day's work in a condition of absolute physical unfitness. In many cases assistants were obliged to eat their meagre meals behind the counter in snatches between serving customers.

o——o

On Sunday mornings, it was stated, in many establishments the assistants were turned out at ten o'clock in the morning, and not allowed to return until eleven at night. Instances were given of firms employing inspectors and private detectives to watch the movements of assistants after business hours. The system also deprived thousands of workers of their right to vote. Cases were on record where it was known that the system was morally responsible for the downfall of the young men through drink and gambling. But in the case of many young women shop assistants, matters were even worse, and the results of this horrible system were too sad for words. Slaved to death for small wages, expected to dress well and put up with all sorts of petty annoyances, many of them naturally drifted into a life of sin and shame.

o——o

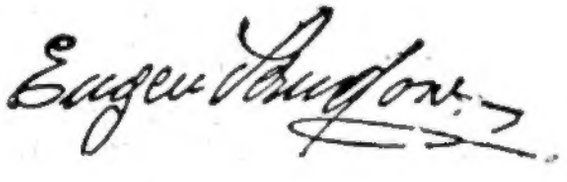
Unfortunately in these days when "limited companies," "vested interests," and "dividends" are made objects of worship, human flesh and blood is accounted cheap. But here is a system that is striking at the vitality of the nation, and at a time when the question of the national physique is receiving so much attention. I trust one of the first results will be the complete suppression of a practice so repugnant to humanity and so deleterious to the nation's efficiency. Thousands of young men and women are in this way prevented from obtaining the good food, fresh air, and physical exercise, necessary to develop healthy and valuable citizens—a nation's greatest assets.

o——o

Next to the housing question which is at the very base of national physical degeneration, comes the question of pure food. The adulteration of the people's food is a practice that demands the most rigorous enforcement of the existing laws, and the introduction, where necessary, of still more drastic legislation. There are so many preserved foods to-day—"preserved" by various poisonous chemicals—that in the words of the medical officer for Bermondsey, "many people are unconsciously poisoning themselves by inches." Compared with the enormous profits realised by dishonest traders in this way, and the amount of physical havoc being wrought among the people, the fines at present inflicted are often utterly inadequate, and I am waiting for the magistrate who has pluck enough to send such enemies of the people to prison.

o——o

Most people would like to be able to estimate their chances of long life. Here are some simple methods of arriving at a correct estimate. The primary conditions of longevity are that the heart, lungs, and digestive organs, as well as the brain, should be large. If these organs are large the trunk will be long and the limbs comparatively short. The person will appear tall in sitting and short in standing. The hand will have a long and somewhat heavy palm and short fingers. The brain will be deeply seated, as shown by the orifice of the ear being low. The blue hazel or brown hazel eye, as showing an intermission of temperament, is a favourable indication. The nostrils, if large, open and free, indicate large lungs. A pinched and half-closed nostril indicates small or weak lungs. These are general points of distinction, but subject to the usual individual exceptions.



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THE BOYCOTT OF THE LEFT HAND.

A Powerful Plea for Ambidexterity.

OUT of every hundred persons born into the world, some seventeen are strongly right-handed at birth; nearly three will be just as strongly left-handed; whilst the remaining eighty are naturally either-handed, that is to say, would, with proper instruction, develop the use of both hands equally.

Yet by the time these hundred people attain the age of twenty-one, it will be found that probably over ninety per cent. of them can use the right hand with far greater facility than the left. In fact, with the great majority of people, the left hand is treated as if it were an unnecessary appendage, being often totally neglected, in many cases, forcibly put under restraint by ignorant mothers and erring nurses.

Many of the advantages of the dual cultivation of the hands are at once so obvious as to scarcely need mention, as, for instance, the advantage possessed by the ambidextrous in case of an accident to either hand or arm. But there are others of a psychological and a physiological character that make the cultivation of two-handedness a matter of vital importance in the determining and fashioning of the youthful mind.

It is a well-known physiological fact that the left lobe of the brain drives and controls the right side of the body, and that the right lobe controls the left side. The constant cultivation of the right hand, therefore, means that the left lobe of the brain will be developed to a greater degree than the right, for every movement calls into exercise some special region of the brain. So that the continual use of one hand only implies unequal development of the brain. The better and firmer the union of each hand with its proper hemisphere of the brain, and the more the two hands are worked together, the better will be the balance of the brain and mind, the better will be the thought, the reason, and the imagination.

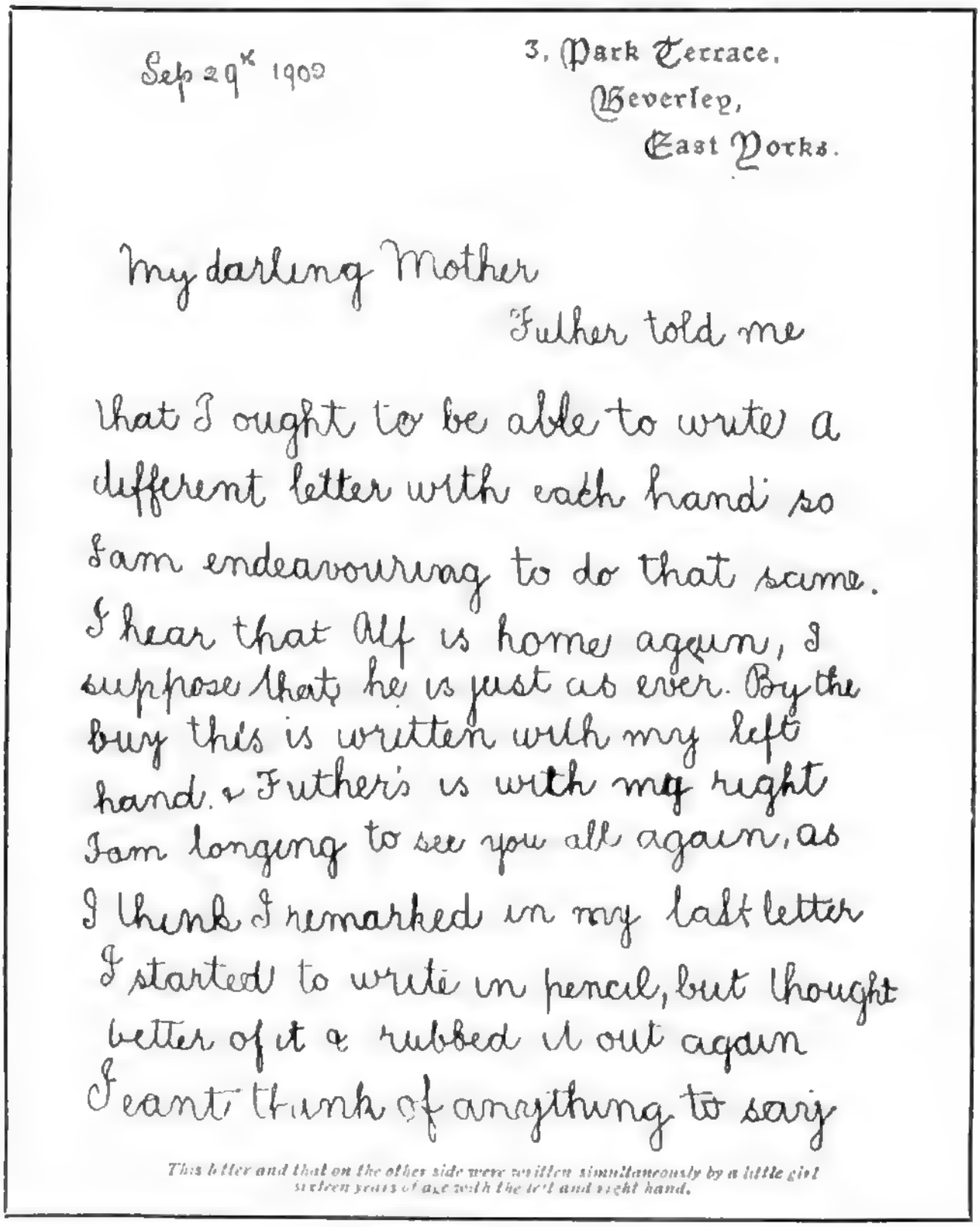
Hence many physicians have found it possible to strengthen weak intellects and correct mental deficiencies in children merely by carefully inculcating the practice of using both hands to an equal extent. Dr. Seguin, for example, who has for a long time practised an ambidextral system of dealing with the feeble-minded and idiot children under his care, says that immoral habits and tendencies, in all their diversified manifestations, amongst the idiots and imbeciles diminish according as the powers of prehension and intelligent handling develop themselves. The hand, in fact, is generally a true guide to the mind, especially in the case of the young, where its natural shape, size, and power, has not been affected by industrial or other causes, and the want of control over the hands is generally an accompaniment of weak intellect, while in extreme cases of idiocy, they absolutely hang down from the wrists, and there is no power over them whatever.

The whole subject of ambidexterity is admirably dealt with in a book, entitled "Ambidexterity,"* which has just appeared, written by Mr. John Jackson, F.E.I.S., (honorary Secretary to the Ambidextral Culture Society), and published by Messrs. Kegan Paul, French, Trubner & Co., Ltd., of 43, Gerrard Street, W. It is brimful of interesting facts on this most interesting and recondite subject. Apart from the mass of solid fact and figures, some interesting incidents are given of famous men who possess ambidextral power.

One story of Sir Edwin Landseer shows that he was not only able to use both hands with equal ability, but that he was capable of drawing two separate pictures at one time. It was in order to appease the curiosity and dissipate the scepticism of a

The book contains nearly 300 pages and is profusely illustrated. Price 6/- post free from Readers' Library.

young lady that the great animal painter during an evening party performed this feat. This faculty of simultaneous work with both hands on entirely different subjects is at present rare, but judging by some of the specimens of work done by school children, will be more common in the near future. Considering the immature years of the children, the class of the work, as can be judged by the illustrations we are able, thanks to the kindness of the publishers, to reproduce, is really



Sep 29th 1902

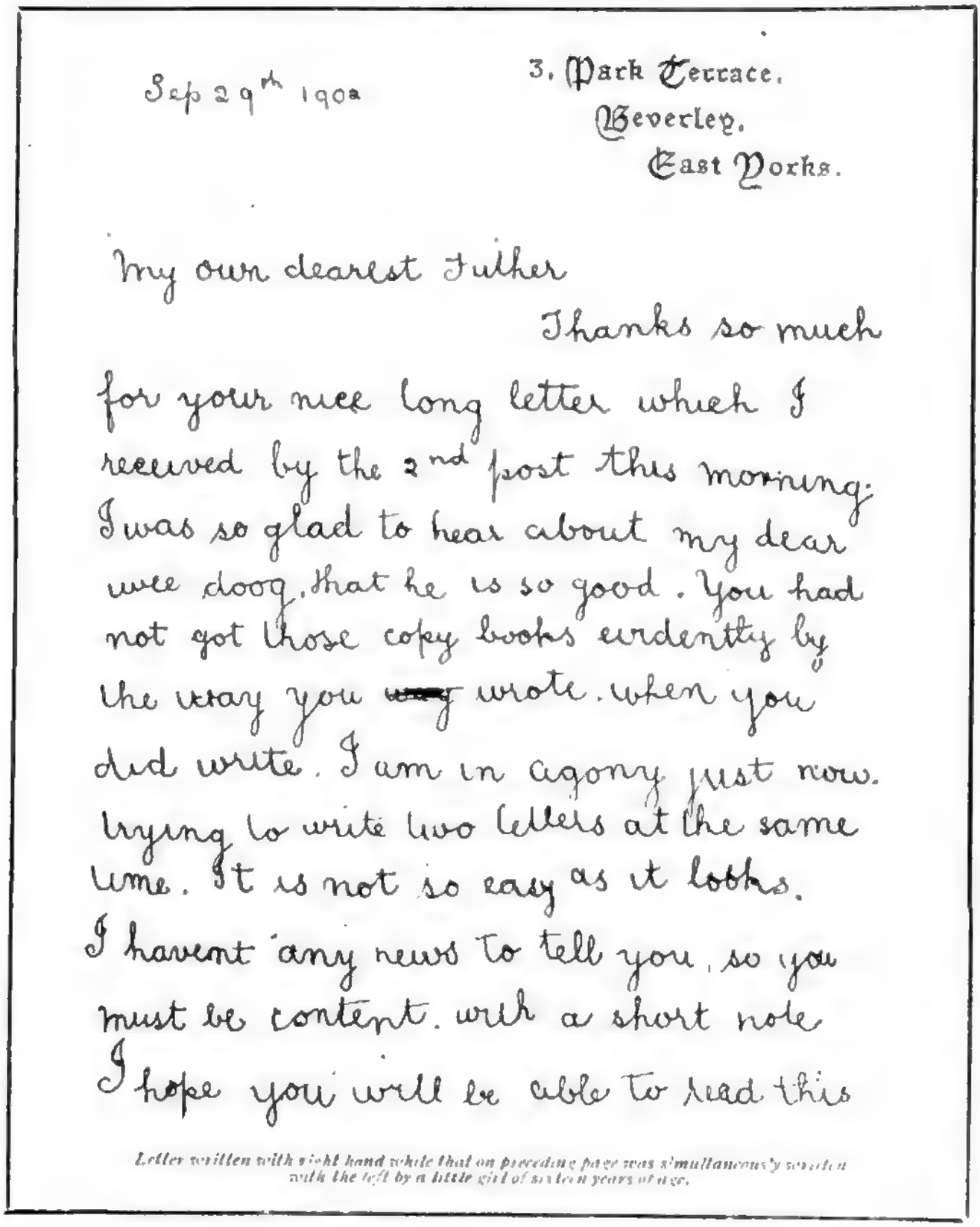
3, Park Terrace,
Beverley,
East Yorks.

My darling Mother

Futher told me
that I ought to be able to write a
different letter with each hand so
I am endeavouring to do that same.
I hear that Alf is home again, I
suppose that he is just as ever. By the
bye this is written with my left
hand. & Futher's is with my right
I am longing to see you all again, as
I think I remarked in my last letter
I started to write in pencil, but thought
better of it & rubbed it out again
I can't think of anything to say

This letter and that on the other side were written simultaneously by a little girl sixteen years of age with the left and right hand.

almost incredible. The left-hand drawings, too, are remarkably clever, but the fact of children of from nine to sixteen years of age being able to compose two letters simultaneously and place them on paper with both hands at the same time, is something to startle those not quite *au courant* with modern educational methods. The fact that the late Sir Augustus Harris, of Drury Lane fame, was able to dictate to three different typewriters at the same time, looks quite a modest feat in



Sep 29th 1902

3, Park Terrace,
Beverley,
East Yorks.

My own dearest Father

Thanks so much for your nice long letter which I received by the 2nd post this morning. I was so glad to hear about my dear wee doog, that he is so good. You had not got those copy books evidently by the way you ~~were~~ wrote. when you did write. I am in agony just now. trying to write two letters at the same time. It is not so easy as it looks. I havent any news to tell you, so you must be content. with a short note I hope you will be able to read this

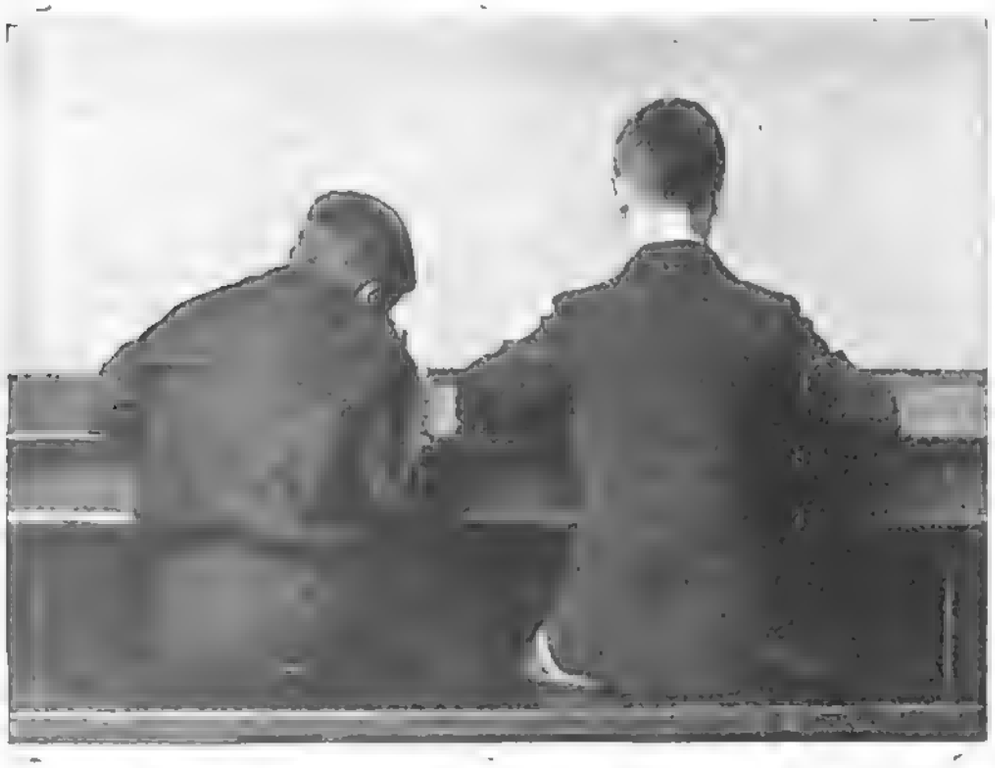
Letter written with right hand while that on preceding page was simultaneously written with the left by a little girl of sixteen years of age.

comparison with the efforts of these little geniuses.

The faculty of simultaneous composition is very remarkable indeed, and recalls to the mind the mathematical duality of the late Mr. Gladstone, who found no difficulty in adding up double columns of pounds, shillings, and pence at the same time.

Position in Sloping Writing (front view). *Position in Vertical Writing (front view).*

Among the famous "two-handers" mentioned in Mr. Jackson's book is Major-General Baden-Powell, who has thus yet another to be credited to his many brilliant qualities. "The value of ambi-dexterity," says the famous scout, "from a military point of view, is immense. I do not consider a man is a thoroughly trained soldier unless he can mount equally well on either side of his horse, use the sword, pistol and lance equally well with both hands, and shoot off the left shoulder as rapidly and accurately as from the right." A test that, we are afraid, not many British soldiers could pass! The ancient Greek warriors knew the value of ambidexterity, for the more distinguished soldiers who formed the first line of the battalions were men able to fight indifferently with the left hand or the right. The ancient Scythians—fierce fighters but a marvellously learned people—were enjoined to exercise both hands alike; and coming down to our own times again, it is a well-known fact from time immemorial the Japanese have been taught the



Twisted Position required and taught in Sloping Writing (back view). *Natural Position required and taught in Vertical Writing (back view).*

use of both hands, "with the result," says Mr. Jackson, "that they are truly bimanous, practically as well as anatomically."

In the industrial world, and among professional men, ambidexterity, needless to say, is of the greatest service. There are nearly 1,000 occupations in which the worker will reap considerable advantage by the possession of two equally and perfectly dextrous hands. There is, for instance, the advantage of alternation, the worker being able to rest each arm in turn as it becomes fatigued. Those who have been the victims of "writers' cramp" will appreciate the value of being able to wield the pen in both hands. Some of the greatest physicians, scientists, and surgeons find it an invaluable relief. Among them are Dr. Dallinger, Professor Morse, Surgeon-Genl. A. F. Bradshaw, Dr. F. J. Campbell (who, at the Royal Normal Institute for the Blind, teaches all his pupils ambidexterity), and many others.

A special chapter of the book is devoted to "Ambidextral Handwriting," in which many useful hints are given as to the posture of children when engaged in handwriting. The system of slanting writing is vigorously condemned as a provocative of lateral curvature of the spine, and that of upright writing recommended in its place. Many distinguished authorities are quoted in favour of the latter, and Sir B. W. Richardson has even gone so far as to say "the mischief (in the former method) did not rest at the spinal column. It went far deeper, extending to the lung itself." The whole book, from cover to cover, teems with a multitude of interesting facts, compiled from all parts of the world, and selected out of the numerous experiences of Mr. Jackson himself. It should be in the hands of every father and mother, and especially in the libraries of everyone interested, either professionally or philanthropically, in the welfare of children. It is especially a work for the sociologist and the politician, and is the first comprehensive book published on the subject. It is a singularly powerful plea for the boycotted left-hand.

"Allow me to thank you for 'Fellowship Medal,' which is, I think, a very smart-looking Medal, well got up and nicely finished."—Harry Swift (Eastbourne).

HOW TO INCREASE YOUR VITALITY.

By W. R. C. LATSON, M.D.

THE production of vitality by the human body is comparable to the production of power by a steam engine, and in both body and steam engine the amount of energy or working force produced depends upon certain fixed conditions. To improve these conditions is to gain increased vitality or power of work.

These conditions of vitality may be divided into two classes: First, efficiency of the vitality-making organs, the stomach, the intestines, the heart, the lungs, and the liver; second, the food, the material out of which the organs make vitality; third, the economy of the vital force so produced. The efficiency of the vitality-making organs and the method by which that efficiency can be increased have been discussed in previous articles. The question of vital economy—of the proper and effective use of the vital forces in practical everyday life—will be taken up in a later article. For the present we will consider the important question of materials for vitality, the foods and the methods of feeding that will produce the greatest amount of vitality.

During the recent coal famine there was sold for use in steam engines a great deal of poor fuel—some of that was about "half-and-half" mixture of coal dust and dirt. Any attempt to run a steam engine upon this fuel was most unsatisfactory, for not only was the engine incapable of developing more than half its regular horse power, but the furnace and other structures were clogged up and injured by a makeshift fuel. No engineer would expect a locomotive to make time upon such a "diet"; and yet there are intelligent men and women who are trying to develop mental and physical force upon a diet quite as impoverished as the fuel above referred to. A steam engine can develop its full horse power only upon a diet of good coal, and a man can develop full man power only upon a diet of good food.

EACH ELEMENT OF FOOD CONTRIBUTES TO ONE'S GROWTH.

Now, in order to properly understand this matter, it will be advisable to briefly discuss a few general principles of food and the process by which the body converts it into energy. Matters composing food may be divided into four classes proteids, starches and sugars, fats, and salts. Proteid elements are found principally in meat, eggs, milk, cream, cheese, nuts, and legumes, such as peas, beans, and lentils. Starches and sugars are obtained from cereals, vegetables, and fruits. Fats occur in most of the proteid foods; while the salts are a part of all the articles used in food, being found in greatest quantities and purest state in fruits and fresh green vegetables.

Each of these four elements contributes a definite part to the growth and repair of the body; and each undergoes in the body a special set of changes before it becomes a part of that body, to be burned up and used in the production of heat and work. The first of these changes occurs in the mouth, where, through the action of a ferment contained in the saliva, a part of the starches is changed into sugar. If mastication is hasty and incomplete, this change does not occur, and the digestion of the starchy part of the food is retarded.

From the mouth the food passes into the stomach. There the starches and fats undergo no change; but the proteid matters are so acted upon by the gastric juice that part of them become capable of passing through the walls of the stomach and entering the blood. Next the food mass passes into the intestine.

At this time the mass consists of the starches, part of which have been changed to sugar in the mouth, of the remaining proteids not changed and absorbed by the stomach, and of the fats. In the intestine the food mass comes into contact with several powerful ferments, by the action of which the conversion of the starches into sugar is completed, and the proteids and fats are changed into matters capable of passing through the walls of the intestine and entering the blood. Thus the great purpose of digestion is accomplished; that is, the food is so changed that it can be absorbed. When once in the blood the food matters undergo many obscure and complicated changes leading to the replenishment of the blood itself, the repair of tissue, and the production of heat.

THE POWER OF ANY PARTICULAR DIGESTIVE ORGAN IS LIMITED.

Now, it must be understood that the digestive power of any particular digestive apparatus is limited. One grain of ptyalin, the ferment of the saliva, will convert into sugar eight thousand grains of starch. But in order that this amount should be produced the sugar formed must be removed as soon as produced. In other words, the action of the ferment is stopped by the presence of a certain amount of its own product.

So it is with the other digestive ferments, those of the stomach and the intestines. They are very powerful under proper conditions, but by other conditions they are rendered practically inert. For instance, the presence of a certain amount of black coffee or of alcohol will almost entirely suspend the action of the gastric juice. Again, the change of starches into sugars is prevented by the presence of an acid. So we see that the fluids which digest food, although very powerful, are at the same time very easily counteracted by certain substances.

In feeding the body—that is, in supplying to the body the materials out of which it is to make vitality—this is really the most important point.

Diet is a matter much discussed just at present, and we have in various parts of the country rampant enthusiasts who claim miraculous results from the "vegetarian diet," the "raw diet," the "Edenic diet," and so on.

The immense amount that has been written and talked about the vegetarian question may be condensed into a very few words. Scientific deduction, humanitarianism, and practical results all speak in favour of a non-meat diet. From an examination of the structure of any animal much might be learned regarding its nature, its habits, and its normal food. The long, powerful legs, the short, light body, the powerful jaws, and the long, sharp fangs of the wolf would show even

to one who had never heard of a wolf, that it is a predatory, carnivorous animal. On the other hand, an anatomical investigation of a deer would show that it is an animal whose habits of feeding must be entirely different. The legs, the body, the jaws, and the teeth would all prove beyond doubt that the deer is a fleet, inoffensive, herbivorous animal. Were we to extend this method of examination to the internal structures, we should find a still more striking correspondence between structure and habits. We should find, for instance, that, while in a sheep the alimentary tube is about twenty times the length of the body, in a tiger it is only about three times the length of the body. Without going into details, it may be stated that in other respects the structural differences between the meat-eating and the herbivorous animals are equally striking.

A DIET BASED WHOLLY ON COOKED FOOD IS NOT WHOLESOME.

Now, if we apply this method to man, we find that, by the structure of his body, hands, jaws, teeth, and internal organs, he is closely related to the anthropoids—the man-like apes who live exclusively upon fruits, nuts, and fresh green leaves. As Linnæus said, "Man's structure, external and internal, compared with that of other animals, shows that fruits and esculent vegetables constitute his natural food." Regarding the length of the alimentary tract in man, some writers on dietetics have made the amusing blunder of comparing the length of his alimentary tube, not with the length of the trunk, as in the animals studied, but with the length of his entire body standing erect. On comparing the length of the alimentary tube in man with the length of his body, we find that it is about twelve times as long as the trunk. In the gorilla and the chimpanzee, fruit-eating apes, it is the same. In a word, man's anatomical structure shows him to be naturally a non-flesh-eating animal—shows that his organs are best adapted to the digestion of herbivorous foods.

The strong argument against meat is the following: In the animal tissue life and death processes go on simultaneously. A pound of an animal's flesh contains not only living tissue, but also dead and dying tissue on the way out of the body. Like other animals, man himself produces these poisons; and, like other animals, he is provided with certain organs for their removal. Under best conditions the action of these cleansing organs is sufficient to rid the body of its own poisons. But when, to the poisons produced by the body itself, we add the poisons produced by another animal body, we put upon these excrementitious organs a heavy tax. Here we have the strongest argument against meat. When we eat an animal's flesh we eat the animal's waste products, adding them to our own.

A dietetic theory of which we hear a good deal is the "raw food" theory. The claim is made that the natural foods of man are the unchanged products of nature — fruits, nuts, seeds, and grains, the green leaves that grow in the sunlight, and possibly milk, cream, and eggs. The strongest argument of the "raw food" advocates is that certain important elements of natural foods (the salts) are so altered by heat as to be quite useless to the body. The claim is made that cooked food is deficient in these elements, and that a body fed wholly or largely upon cooked foods must suffer from malnutrition. This argument is perfectly logical and tenable.

THE SAFEST COURSE TO FOLLOW IS, PERHAPS, THE MIDDLE COURSE.

All this is very interesting, and very important, but what is the practical deduction? Shall we be vegetarians, fruitarians, raw food advocates, or what? After many years of careful study and experiment I am firmly convinced that the safest course, all things considered, is a middle course. I believe that, while there are many special cases demanding special dietetic treatment, the best rule for the average man or woman is covered by the two words—simplicity and moderation. The most important question of diet is not "what to eat" so much as "how to eat." Vegetarianism does not solve the question. "Raw food" does not solve it. There are other factors still more important.

"But what shall I eat?" asks someone,

"and how much and how often?" To answer these questions briefly and simply is not easy. Meat, while a good food, contains poisons; we should not take too much. Fruits and fresh green leaves contain food elements unobtainable elsewhere; we should get enough. The digestive juices, while powerful, are easily antagonised; we must get simple food. The stomach requires a certain time to digest its food and pass it on; we should not eat too often. The power of the digestive fluids, while great, is limited; we should not eat too much. Mastication and insalivation are important; we should not eat to rapidly.

From these premises I make a liberal deduction to the effect that the best plan of diet is to eat two meals daily, separated by an interval of at least seven hours. As to exactly when these meals should be taken, of exactly what they should consist of, and of exactly how much should be eaten—as to these things no general rule can be laid down. Each must be governed by his tastes, conditions, and circumstances. It seems wise to make the first meal to consist of fruits, nuts, cereals, cream, milk, and eggs (all raw), combined according to taste. The later meal may well consist of meat, poultry, or fish, boiled or steamed rice, baked potatoes, *spaghetti*, a salad, bread and butter, and fruit, fresh or cooked. The salad may be made of any of the fresh green leaves in season, such as lettuce, *romaine*, *escarole*, chickory, celery, cresses, etc., dressed with olive oil and lemon juice. With the exception of salt, all condiments, such as pepper, mustard, vinegar, and hot sauces, are directly injurious. Pastries and sweets are not only devoid of nutritive value, but by putrefying within the alimentary tube they become causes of many disorders. Tea, coffee, chocolate, cocoa, alcohol—all are stimulants making powerful reaction against the health and life of an individual.

The question of diet is one that might be spread over many pages. All lines of reasoning, however, all arguments—and an extended personal experience—seem to focus on these two words—moderation and simplicity.

Hygiene in Laughter.

"What on earth are you doing with that little water-can, Freddie?"

"Sprinkling the baby's head, so his hair'll sprout."

Doctor.—If you find the pills too bitter you might take them in capsules, and afterward take a swallow of water.

Patient.—Excuse me, doctor, but couldn't I take the water in capsules, too?

Patient.—Oh, doctor, I'm afraid I'm pretty well at death's door!

Doctor.—Don't you worry, my dear sir; we'll pull you through.

Young Housewife.—Any liver to-day, Mr. Bones?

Butcher.—Yes, madam.

Young Housewife.—Then I'll take ten pounds; but please see that it is not that wretched, torpid kind, which the doctors say is the cause of so much disease.

She is a winsome young M.D.;
He has a strange sensation.
The symptoms show, 'tis plain to see,
Aortic inflammation.

He calls her in—"Oh, doctor, I'm
One of your ailing pupils;
What shall I take—oh, say in time—
How many grains or scruples?"

She notes his symptoms—'tis enough
(A blush her charms quadruples);
"Take me," she murmurs, "quantum suff.,
And never mind the scruples."

Dear Doctor,—I had a bad case of lumbago, and after taking three bottles of your wonderful remedy, I now have a bumlego.

"I wonder what makes Dr. FitzHiggins so popular?"

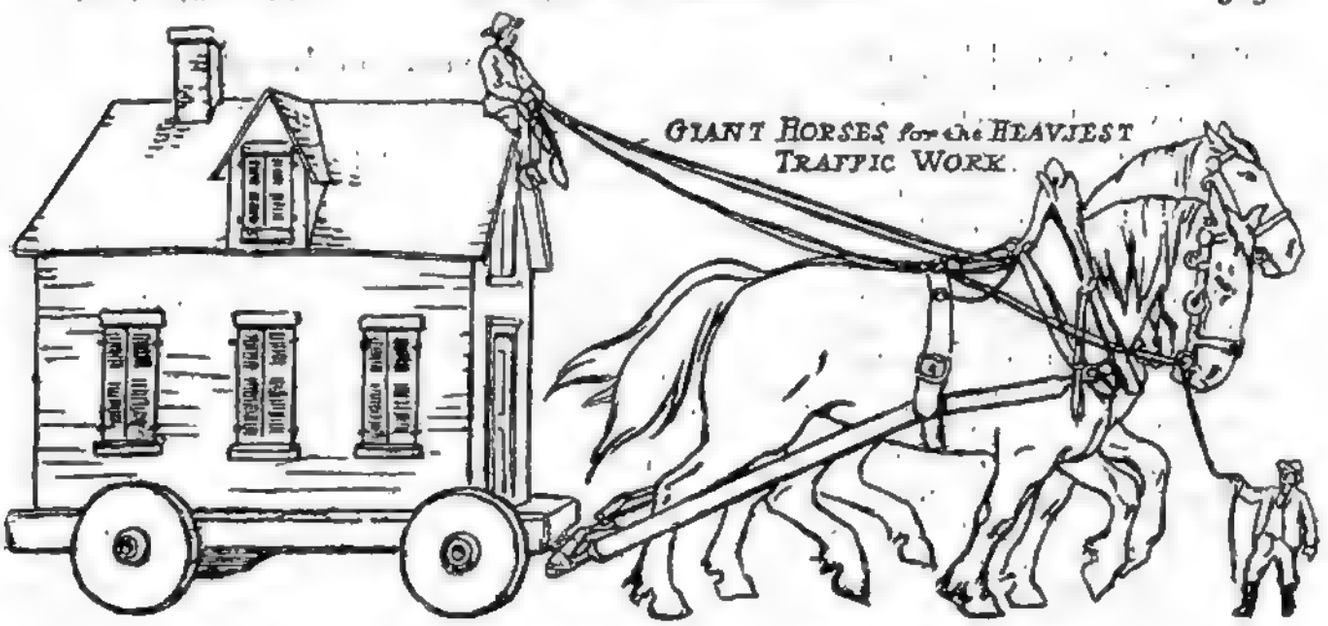
"Why, his patients always have all the newest diseases."

Olympia Transformed.

When Hackenschmidt faces Madrali at Olympia on Saturday, they will, if they have a chance to throw a glance around the arena, see something that has never before been attempted in this country.

The great gymnasia of America, even that at Chicago, pale into insignificance. Steel trestles have been erected round the arena, covering 50,000 square feet, being three-eighths of a mile in length, and the tiers, placed end to end, would reach over 5,200 yards.

The weight of the steel used is 400 tons, 10,000 cubic feet of non-inflammable timber has been used, the cost is £10,000, and a crowd of 10,000 can be comfortably seated. Providing all the seats are taken, which is more than likely, the "house" will be worth £8,000 to the management.



GIANT HORSES for the HEAVIEST TRAFFIC WORK.

SCIENCE CAN CREATE NEW ANIMALS.

Animals that will do Man's Labour.

By PROFESSOR WILHELM OSTWALD, of the University of Leipsic, Germany.

Prof. Wilhelm Ostwald, who occupies the chair of physical chemistry at the University of Leipsic, is recognised as one of the foremost chemists, ablest students of biology and profoundest thinkers of modern times. His high scientific standing makes the following article all the more startling. He confidently predicts that scientists will be able to create animal life of as high an order as horses and cows, adapted to the needs of man.

CAN man create life—that is, a moving, breathing, thinking embodiment of energy—artificially? Can, in other words, organic beings be created by inorganic processes? My answer is, Yes.

While I will not go so far as prophesying just how soon the quasi-miracle will come to pass, there is now hardly any question but that in the course of a few generations at the outside—possibly within comparatively few years, possibly within a century, but sooner or later certainly—science will be creating a form of life as advanced as that of our domestic animals.

So far as my own researches and convictions go there is practically no limit to what may be accomplished in this direction. Had it been declared fifty years ago that messages would be sent for hundreds of miles by wireless process no one would have taken the prediction seriously. No one would have believed, ten years ago, that within a decade a vehicle of locomotion would be built by which a human being could travel at the rate of two miles a minute and live to tell the tale. But it is hardly less credible that we, or our great or greater grandchildren, will hear of science performing the functions of a so-called creator.

MAN WILL CONTROL FORMS OF CREATION.

One may go further and say that not only will actual creation by chemical or scientific processes be performed, but that man will undoubtedly be able to determine or change the form of creation at will.

For example, it has already been demonstrated that the presence or absence of light plays an important—a vital—part in the development of man as well as the lower animals, and especially of plant life. No form of energy, we may say, is possible of prolonged existence a

mile away from the sun. Again, it has been demonstrated that frogs' legs do not develop and soon die when enclosed in a dark box, while normal development occurs in an open box exposed to the sun. Prof. Beclard recently discovered, in determining the solar influence on the development of the eggs and larvæ of flies, that those placed under plain bell jars were far more developed after four days than those under violet and blue jars, and least under green ones. There is also the celebrated investigation of Gen. Pleasanton, who put three pigs into a stall with violet windows and three into a stall with ordinary windows. While the latter gained 398 pounds in four months the others gained only 386 pounds. From this observation Gen. Pleasanton concludes that violet light is unfavourable to the growth of these animals. His book, however, is blue-typed, and gives an explanation of all natural phenomena from love to the activity of a volcano.

If Cows Churned their Own Milk.

It is well known that animals, when light falls on them, move toward the source of light, like the moth, or move away from it, like the earthworm. It is also well-known that certain plants have a tendency to turn toward or from the sun when illumined from one side only, and that at a constant intensity light acts as a continuous source of stimulation. So, by the proper manipulation of light, it will unquestionably be possible, in the course of time, to govern the shape or organs of animals, just as the shape of plants is governed by their attitude toward the sun.

Naturally, the process of artificial creation will be slow. The important thing is that it will be sure. One form of life will be produced after another. Prof. Loeb has already created sea urchins by chemical agencies, and Prof. Fischer has created an even higher type in his remarkable experiments. Drawings made by the former convey some idea of the manner in which the eggs of sea urchins were artificially grown. All of these animals hatched out perfectly normal skeletons and intestines before dying. They lived more than two days.

But many persons are asking, Why create life artificially when the earth is teeming with life of natural creation?

This query is natural, though, perhaps, revealing immature thought. In the first place, we ourselves are the product of evolution and selection. Man was sown, but he has raised himself to his present state. His faculties are practically boundless; so boundless in scientific opinion that he will evolve in himself, will usurp, the functions of the Creator—the primary creative principle. He should even be able to re-create his own kind, a prophecy of which is contained in the Scriptural passage referring to man being born again.

Is this so unreasonable? No, although that stage of human scientific intelligence is, of course, very, very far away. Yet, having already created a protoplasm, such as the water hydra or the sea urchin semblance—forms of energy instinct with positive life—a firm foundation for the prophecy has been laid. And the higher evolution can only result in the creation of something equal to our higher animals.

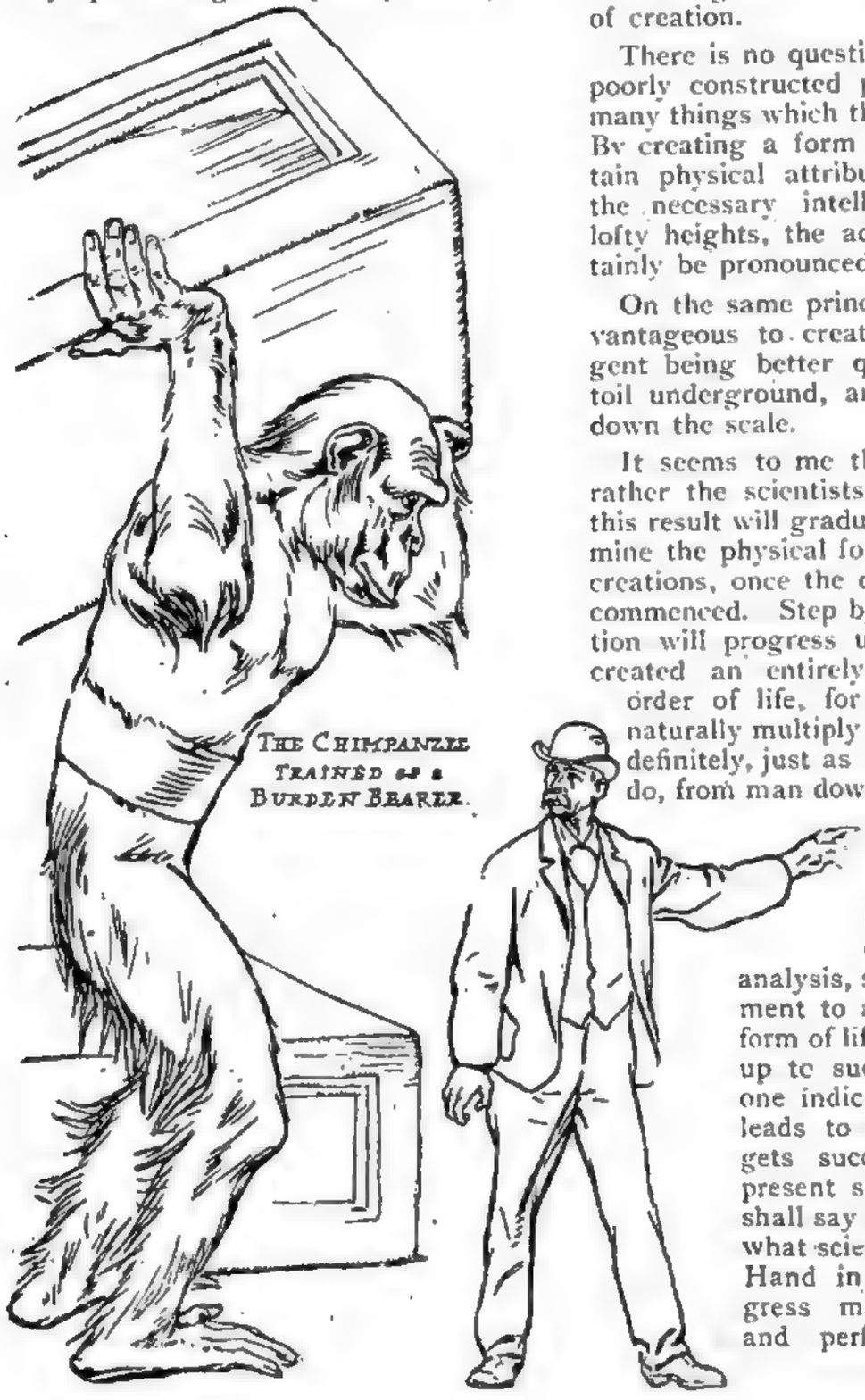
MAY CREATE SUBSTITUTE FOR MAN.

What, it is again asked, will be the gain? If it were possible to create and endow our secondary animals with physical and mental functions more nearly corresponding to those which we ourselves

possess, will not the result be of immeasurable gain?

To-day the most valuable servant or employé is the one who has been long and carefully trained in special fields of labour. Why not, then, create forms of animal life capable of doing many of the things which only human beings can do to-day?

By specialising it may be possible, for instance, to create a type of animal capable of doing the heavy work of the world — creatures of vast physical strength coupled with a higher form of intelligence than has been evolved as yet in any animal excepting man. This, of course, is delving very far into future possibilities, but it indicates one of the immeasurable advantages which science is working toward in solving the problem of creation.



THE CHIMPANZEE TRAINED AS A BURDEN BEARER.

There is no question but that men are poorly constructed physically for doing many things which they now do perforce. By creating a form of animal with certain physical attributes, combined with the necessary intelligence, for scaling lofty heights, the advantage would certainly be pronounced.

On the same principle it would be advantageous to create a form of intelligent being better qualified to live and toil underground, and so on and so on down the scale.

It seems to me that the scientist, or rather the scientists, who contribute to this result will gradually be able to determine the physical form of the respective creations, once the development is fairly commenced. Step by step the regeneration will progress until man shall have created an entirely new or advanced order of life, for each creation will naturally multiply in its own form indefinitely, just as our modern animals do, from man downward.

MAY YET CONQUER DEATH.

Naturally, it will require generations on generations of analysis, selection and experiment to artificially evolve any form of life that shall measure up to such a standard as the one indicated. But progress leads to progress, success begets success, and from the present small beginning who shall say there is any limit to what science can accomplish? Hand in hand with the progress made in discovering and perfecting the creative

principle, we may expect to master the riddle of death, so termed. Prof. Loeb and others have shown, along with their creative experiments, that the fertilisation of the egg serves to prolong the life of the egg. Unless artificially fertilised the egg dies in a comparatively short time, by reason of which the egg becomes important in studying the question of natural death and the protraction of life. As yet, however, it has by no means been decided that there is any natural death.

We only know that, with advanced age, a critical period is reached when every living organism dies under the influence of conditions which do not affect a younger organism. That death, or natural dissolution, is due to internal and not to external causes has been determined recently in a most extraordinary manner. Eggs of the starfish were used. Some of them were placed in eight flasks filled with sterilised sea water, while others were placed in flasks containing ordinary sea water contaminated with bacteria. Six hours after the experiment began the flasks were opened, and the eggs examined microscopically. As many, if not more, mature dead eggs were in the sterilised flasks as in the contaminated. Twelve hours later the result was the same, proving indisputably that death was due to internal causes, the mature eggs having died before the bacteria could attack them in sufficient numbers to threaten their existence. At the same time the important discovery was made that each of the flasks contained a small number of living eggs which, without exception, were young ones.

My opinion, based upon careful research and study, is that something is implanted in every form of life which, in the course of time, becomes enervated and poisonous, causing death. Science is now on the eve of discovering what this mysterious principle is, and when this discovery is made, the next step will be to ascertain a remedy or, at least, a counteractive. It would be hazardous to say whether this mysterious principle is material or otherwise, but as age comes on it is believed to sap and poison the vitality until dissolution sets in.

Science has no doubt that the causes of natural death will be ascertained, together with a means of so restoring the vital principle that not only the physical being, but the spiritual, may be revivified successfully.

As a chemist, it is my absolute belief that by inorganic processes organic life of a higher order can be produced, and that future generations will be furnished with a living object lesson in the doctrine of evolution.

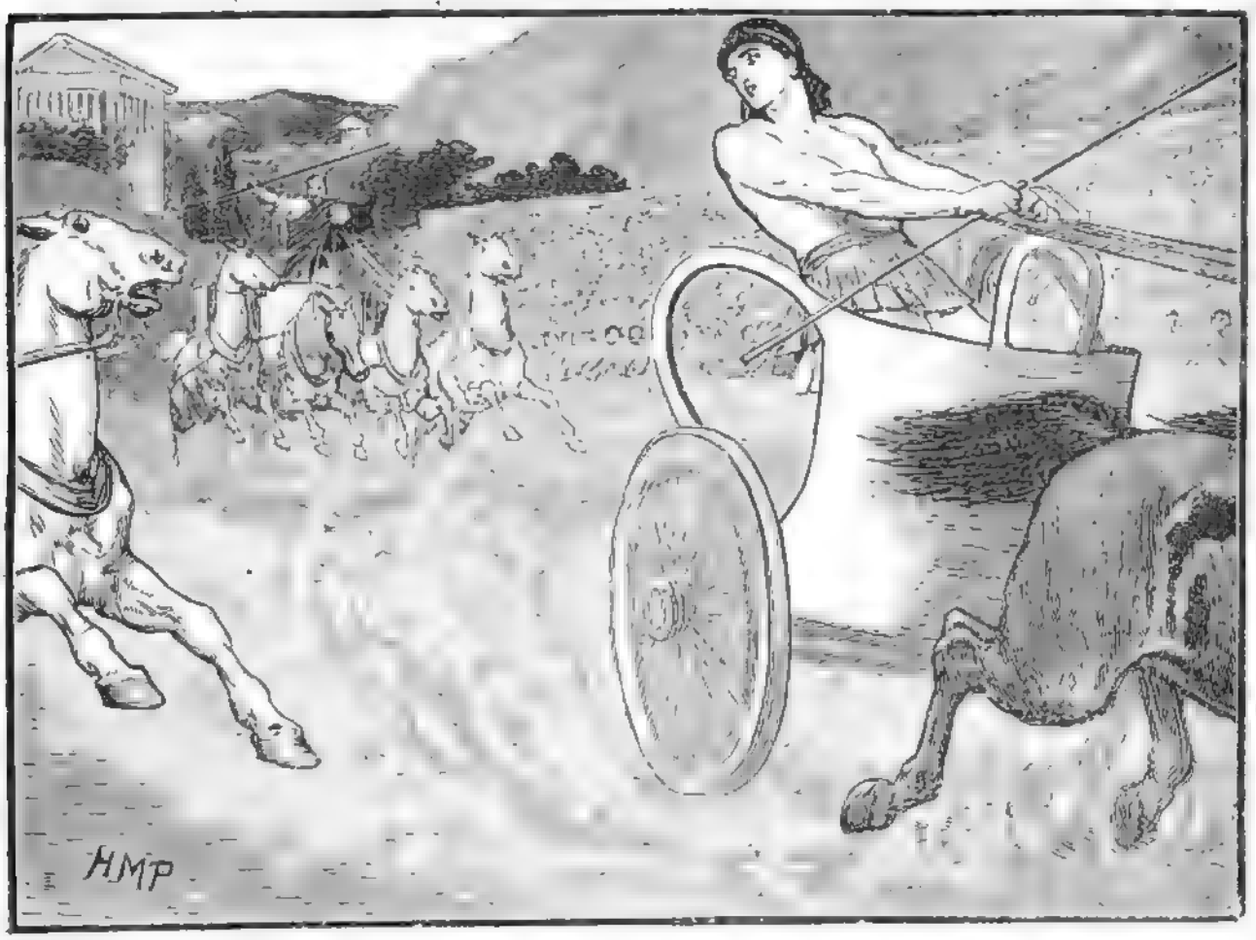
Protection of Children.

Forthcoming Conference in London.

An important conference on legislation in regard to children will be opened by the Lord Mayor at the Guildhall on May 22nd and continued the following day. It has been convened by the Committee of the International Congress for the Welfare and Protection of Children held in London in 1902 under the patronage of King Edward and H.R.H. the Princess Louise, Duchess of Argyll) with a view in the discussion, in the light of their latest developments, of certain questions which were dealt with at the Congress. It will be attended by members of County Councils, Boards of Guardians, and other public authorities, magistrates, school managers, teachers, and those engaged in private charitable effort.

The following subjects will be considered in all their aspects, alike as to principles and details: (1) The free feeding of school children; and (2) children's courts, probation officers, and remand homes. The Executive Committee of the Conference, of which Mr. W. G. Lewis, barrister-at-law, 8, Wells Street, Gray's Inn Road, W.C., is secretary, includes Lady Frederick Brudenell Bruce, Sir William Chance, Bart., Dr. J. Milson Rhodes (Chairman of the Central Committee of Poor Law Conferences), Miss Adler (co-opted member of the Education Committee of the L.C.C.), Miss Baker (Metropolitan Asylums Board), Mrs. Burgwin, Dr. Shuttleworth, Mr. G. E. Lloyd-Baker, Sir William Bousfield, and other educational and medical experts, while the economic and legal interests involved will be entrusted to well-known authorities.

"Just a few lines to thank you for the Medal which I have received. I think it is very nice indeed, and I am very proud of it. I have it hanging on my watch chain, where it is going to stop."—Joseph Shaxcross (Irlam, near Manchester).



THE OLD-TIME CHARIOT RACE.

THE OLYMPIAN GAMES.

Greatest Athletic Festival the World has Ever Seen.

THE Olympian games which commenced at Athens in the classic Stadium on April 22nd, and which will continue until May 2, are the greatest gathering of athletes the world has ever seen, completely dwarfing, both as regards importance and number of competitors, the most famous of the old Grecian festivals. Europe, America, Australia, and New Zealand have sent the pick of their athletes to contest the principal prizes.

Great distinction will be given to the festival by the presence of King Edward, besides the King of the Hellenes, and the other members of the Greek Royal Family. At one time it was thought that the Kaiser might also be present, but it is now said that his Mediterranean trip will not take him so far.

SOME BRITISH REPRESENTATIVES.

Among the British representatives are: Wyndham Halswell, the quarter-mile champion of England and Scotland, and half-mile champion of the British Army, is always good for about 50 sec. for 440 yards. He did 50 4-5 sec. in the championship of England, 50 4-5 sec. for Scotland against Ireland, and 51 sec. in the Scottish quarter-mile championship. At Aldershot, last year, he was also credited with winning the officers' 100 yards in 10 1-5 sec. He will be a hard nut to crack in the 400 metres race.

W. D. Anderson, the Scottish half-mile champion, who has entered for the 400, 800, 1,500 metres, 110 metres, hurdles, and 1,500 metres walking race, is best at half a mile. He won the half-mile championship of Scotland in 1 min. 58 4-5 sec.

D. W. Walters, of Cardiff University, who has entered for the hurdles and jumps, can get very close to 16 sec. for 120 yards over ten flights.

C. Leahy, the high-jumping champion of England and Ireland, can be relied on for about 6 ft. 2 in.

P. O'Connor, the long-jumping champion, hopes to eclipse his world's record of 24 ft. 11½ in. He will be accompanied by his wife, whose joy will be unbounded should O'Connor win.

John McGough is in for the 800 and 1,500 metres races. He won the Scottish mile championship in 4 min. 24 1-5 sec.

R. P. Crabbe, the Cambridge University blue, is another candidate for winning honours in the 800 and 1,500 metres races. He will take a lot of beating on the form shown by him at Cambridge this year.

A. R. Churchill, who holds records across country, will doubtless devote his attention to the five miles race. If he can get back into the form which once enabled him to win the two miles for Cambridge against the L.A.C. in 9 min. 37 sec., he will prove troublesome to the best. The same remark applies to F. M. Edwards, whose form at two and three miles when at his best is very little worse than that of Churchill.

K. Cornwallis, if he goes, will, of course, be a thorn in the side of the best of them, as witness his quarter-mile in 49 3-5 sec. and half-mile in 1 min. 54 4-5 sec.

H. G. Weber, S. H. Carnelly, S. Abrahams, R. E. Wilkinson, the walker; A. H. Healey, J. J. Daly, who finished first in the Irish senior cross-country championship last week, R. Macpherson, R. C. Reed, and others in the foot-racing way; R. S. Cooper and O. T. Banscher at gymnastics; W. J. Pett among the cyclists; J. H. Derbyshire, J. A. Jarvis, and others at swimming; the Hon. R. S. Beresford at shooting; and Lord Desborough, Lord Howard de Walden, Sir Cosmo Duff Gordon, and others at fencing, will do all their best to uphold the honour of Great Britain.

A welcome entrant for the discus throwing is G. S. Robertson, the old Oxford University hammer-throwing blue of 1893-4-5. As on the occasion of his last competing at Athens in 1896, to Mr. Robertson will probably be entrusted the task of writing a Pindaric ode.

FROM THE UNITED STATES.

America will be strongly represented in all departments of the games. W. A. Schick, who in 1904 won the 100 yards for Harvard and Yale against Oxford and Cambridge in 9 4-5 sec., and Archie Hahn, of the Milwaukee A.C., will take some beating in the sprint; while C. L. Parsons, the present champion of America, is the best of the lot. If he goes to Athens, there ought not to be much doubt as to who will win the 100 metres race.

Harry Hillman, the quarter-mile, is in fine form. He will compete in the 400 metres race. Waller, of Milwaukee, who won the American quarter-mile championship inside 50 sec. last year, must also be marked dangerous.

H. E. Valentine, America's half-mile champion, is an entrant for the 800 metres. He can touch 1 min. 35 sec. for a half-mile, and has a record of 2 min. 4 3-5 sec. for 900 yards. But the Americans have others quite as good, if not a bit better. They will be found weakest in the longer journeys.

With M. J. Sheridan and R. Sheldon in the discus-throwing and shot-putting, and Meyer Prinstein and R. Envy in the jumps, there will be some smart performances. Envy was a double winner at the Olympian Games in Paris in 1900. He also won the standing long jump, without weights, at St. Louis in 1904. His 11 ft. 4½ in. for that class of contest is a best on record.

FORM OF THE FRENCHMEN.

Here are a few facts about the athletes from France, where, as in Greece, the distances are measured by metres instead of by yards.

Bellin du Coteau holds the French record of 37 sec. for 300 metres, and 50 sec. for 400 metres. He was champion of France at the latter distance in 1903 and 1904, but lost the title to Malfait in 1905. Kenyon's narrow victory over Coteau in

a heat of the English quarter-mile championship in 1904 is well remembered.

M. Soalhat, who will run in the 1,500 metres race, holds the French record of 4 min. 8 1-5 sec.

Tison, the weight-putter, is a soldier, and, as an athlete, is quite a new star. He won the French equivalent of 40 ft. 10½ in. Since then he has improved. He has thrown the discus 41 metres—or, say, 134½ ft.

Roffi won the French Marathon race, 40 kilometres (nearly 25 miles); in 1902. Bonheure, another entrant for Athens, won the same race in 1904.

Jardin is the French champion at the standing long jump. His record is 10 ft.

Molinié is the French high-jumping champion. He won that event at 5 ft. 7⅞ in., but can do 5 ft. 9 in. He competed for the Racing Club de France against Trinity College, Cambridge, at Cambridge, last November.

THE MARATHON RACE.

In connection with the Marathon race, which is a distance of forty-two miles, at every mile of the course a squad of one non-commissioned officer and four soldiers will be posted. These men, in addition to exercising a general supervision over their section of the road, will render first aid, when necessary, until the arrival of medical assistance. Ambulances with military surgeons and nurses and a supply of stretchers will be established every five miles.

The route will be kept clear by police, assisted by a battalion of infantry, two squadrons of cavalry, and one of gendarmerie. The race will begin at 3 p.m., the timekeeper being a lieutenant of cavalry, who will accompany the competitors, and who will change his mount four times. A cannon will be fired when the first man is within two miles of the Stadium to notify the spectators of his approach.

From Cowboy to Minister.

The Rev. S. B. James, who has just accepted the invitation to the pastorate of the Congregational Church at Walthamstow, has had a career as adventurous and varied as probably any man in the ministry. The son of a Welsh pastor, he acceded to his father's wish that he should follow his sacred calling, and with that end in view entered a training college, but altering his mind he emigrated to Canada and became a cowboy. After six years of this free and easy life, he tried journalism, settling down at Toronto. When the Spanish-American War broke out he joined the American force as a Volunteer, and saw active service at Tampa and Porto Rico. After the campaign he obtained his discharge and came to England with the old-time desire to enter the ministry still upon him. On the death of his father, the church at Wimbledon, over which he had presided for so many years, invited the son to succeed him. This he did, and shortly afterward removed to Teignmouth, from whence he now comes to the church in North-east London.

New Profession for Women.

The St. Bride Physical Training College for Ladies is doing a good work, viz., the preparing of ladies to act as teachers of physical education in training them to meet the requirements of the examination of the National Society of Physical Education and other recognised bodies. When proficiency is attained a public certificate is given to the student. "Physical training," of course, opens out yet another field for women's employment, and skilled teachers are in great demand. A fully certified physical instructor can earn no less than from £100 to £150 a year. If, on the other hand, she would prefer to work independently as a visiting instructress to schools and could also get together some classes of her own, she would easily make from £200 to £250 per annum.

Intoxicated by Meat.

"Mankind all the world over seeks stimulants in one form or another," said Dr. Harry Campbell, speaking at a meeting of the Society for the Study of Inebriety. Fashionable women frequently have a feeling of ennui, which can only be prevented by the stimulus of a change of fashion or by bridge. Theatre-going, race meetings, gambling, and even hooliganism, are all expressions of the desire for excitement.

It is possible for a man to be slightly intoxicated after a meal of meat, said Dr. Campbell, and he had seen children semi-intoxicated after a meal composed entirely of vegetables. At the same time, the doctor condemned the use of alcohol, and recommended natural stimulants, such as bathing, massage, and exercise.

Vicar as Pedestrian.

The Vicar of Filey, the Rev. A. N. Cooper, who is widely known as the "walking parson," on account of his long journeys in distant lands, has left Filey and walked to Grimsby, from which port he took sail to Gothenburg. He intends to walk from there to Stockholm and back. During the month he will walk 600 miles.

WHICH IS THE STRONGEST ANIMAL?

Camels, Elephants, Zebus and Men Compete in a Trial of Strength.

ONE of the most remarkable contests of strength ever witnessed was held recently in Maddison Square Garden, New York, in order to determine which was the strongest animal. The audience before which the tests took place was a small and select body of professional and scientific men, who had been invited to witness the operation of a novel machine exhibited by the Barnum & Bailey "Greatest Show on Earth."

Special apparatus had been designed and made equal to the severest strain that could be placed upon it. All the long pulls and the strong pulls failed to destroy the registering ability, and sufficient data were obtained to deduce an inference that at least seventy-five men would be required to hold an unruly elephant, and that the energy of the peaceful camel is not to be held lightly.

Representatives of the circus management showed the visitors, upon their arrival, a huge hydraulic registering machine, fastened securely by chains to a collection of posts driven into the dirt of the arena at the east end of the Garden. Except for the bare outlines of the rings the great space was clear, and two one hundred foot hawsers, big six-inch ropes, were laid along the stretch of earth.

"To test the machine," announced the manager, from an improvised rostrum, "one hundred men will pull on the ropes."

A small army of employés was quickly in position. They pulled rather aimlessly, and the inventors of the machine announced "6,700 pounds, sixty-seven pounds to the man." With that the men looked at each other somewhat askance, and asked for another trial.

Then entered a pair of camels, in leather harness.

There was an emphatic urging, and the camels reared and plunged, gave several plaintive bleats, and finally pulled heartily. "We are astonished," said the manager, "they have recorded 2,750 pounds."

Zebus, the sacred cattle of India, were brought in, but no amount of urging could make them lift the indicator above zero.

Then the one hundred men had another trial. "Hi, heave! Hi, heave!" the circus song rang out, and rope and gear creaked and cracked.

"Twelve thousand pounds," announced the dial keeper. Then fifty men pulled 4,100 pounds, and in an imaginary tug-of-war increased this to 8,700 pounds, the record breaker.

Then Babe, an elephant, was announced to give an exhibition of pushing power. The name of Babe is a travesty. She is fifty years old, and weighs six tons.

"Now, we will come to a feat never before attempted. We all know that elephants have a considerable push, but there is scant record of their pull," said the manager.

Attendants made two passes of a big hawser around the elephant's breast. Another rope held it from slipping down.

"Now, Babe!" cried her keeper, and majestically the great bulk moved forward. Twice and thrice she swayed willingly at the ropes which bound her, and, amid applause, the result of 8,750 pounds was announced.

A Golfing Record.

While competing in an inter-county ladies' match between Derry and Dublin, at Newcastle, Co. Down, recently, Miss May Hezlet, the Irish lady champion, went round in 81, this constituting a record for a lady on the Newcastle links. The Derry team, which was composed of Mrs. Hezlet and her three daughters, won the match by twelve points to four.

HOW TO GET WELL AND KEEP WELL.

How Nature is Ousting Medicine as a Healer.

AT a former period ill-health was generally brought on by repletion. The maladies of our grandfathers were those of sheer excess of eating and drinking. Indeed, they suffered from very little else; and the remedies of that time were directed against the effect of overloading the organs of digestion. Blood-letting and leeches were the great stand-by of one school of medicine, while the more advanced school practised with pills and potions. The main object of both was to remove from the body, as speedily as possible, the excess from which it was suffering. The drug period has lasted, with slight intermissions, ever since. But now the teaching of Sir James Paget, Sir Henry Thompson, Dr. Robson Roose, Sir Russell Reynolds, Dr. Lauder Brunton, and a few others is telling on medical practice everywhere. When it is understood that I say this as a patient, and not as a doctor, its impartiality will not be questioned. I have had, unfortunately, a wider and longer experience of doctors than falls to the lot of most people, and my standpoint will be recognised when I state that no doctor ever did me any good till, in a moment of happy memory, I consulted Russell Reynolds.

GIVE UP WORK.

Overwork, coupled with irregular meals and bad air, was my complaint. Someone told me to go to Reynolds. I saw that fine old gentleman in his house in Upper Grosvenor Street, and laid my troubles before him. Presently he said, "My dear fellow, you must give up every stitch of work to begin with." I protested that this was impossible—I could not be done without. "They will do without you well enough when you are dead," he replied, "and, therefore, I do not see why they should not do so while you are alive."

My only course, in face of this unanswerable argument, was to assent to his proposition. "I will give up work, doctor," I said; "but what then? I don't want to die of boredom." "Go south—go where there is some sun and plenty of nice people." With Bournemouth or Torquay in my mind, I promised. "Call in when you come back," he said, cheerily, offering his hand to signify the consultation was over. "But," I interjected, "you have forgotten the prescription." "Oh, yes," he answered, "I forgot that. Then he went to the table, wrote something, folded the paper up very small, and handed it to me with a smile. "There are some very good chemists just round the corner," he said. When I got outside I opened the paper. No one will ever guess what was on it. "Try Monte Carlo"—that was my prescription—that, and not another word. I took it for three months, and it made me a new man.

It is pleasing and flattering to note how steadily Natural methods of healing illness is growing in fashion. For years I was as one in crying in the wilderness against the use of drugs and medicines in the treatment of modern ailments. Now, however, there is going on a gradual awakening among the Rip Van Winkles of therapy, and the day of the pill and the medicine bottle is vanishing just as the day of the lance has gone. The press is full of sound articles dealing with Natural treatment, and one of the most sensible of these is the one which I herewith take the liberty of reproducing from the sparkling columns of the *Evening News*.—THE EDITOR.

MIRACLES WITHOUT MEDICINE.

Since then I have learnt a good deal about doctors. The autobiography of Paget, the plain-spoken writings of Thompson, the well-known artifices of Robson Roose, and the common-sense treatment of many living physicians whose names it would scarcely be right to mention publicly, have taught much to the layman. Without descending to the eccentricities of Abernethy, or the exceedingly "practical" jokes of the famous Dr. Budd, of Plymouth—who once, when a man came to him suffering from lock-jaw, kicked the poor fellow downstairs, curing the tentanus by the shock, but breaking his arm, which was easily mended—these men, than whom no greater physicians ever lived, did wonders with virtually no medicine whatever. Paget, of course, was a surgeon, but he often avoided the use of the knife by giving a bit of good advice, and greatly doubted its efficacy in all but essentially surgical cases.

AIR, DIET, REST.

From these pioneers has sprung that school of medical science which now prescribes, instead of drugs, those great remedies—change of air, cheerful society, alterations of clothing or diet, the open air, the pine woods, hobbies, and, above all, rest. I know a man who was completely cured of sciatica by a hobby, recommended to him by his medical man. And what does the reader think his hobby was? Well, he joined the London County Council. The thing that keeps us all from dying from over-work is Parliament, or the board of guardians, or the motor-car, or the bicycle, or Bank Holiday, or photography, or some form of outdoor sport. A good hobby is life itself.

CHANGE IS REST.

Then consider how the case stands with regard to some of our chief modern maladies. We send people disposed to consumption to Davos or South Africa, and they are permanently cured. High altitude soon makes an end of rheumatism and other plagues of low and damp situations. For brain fag there is nothing like complete rest—except, perhaps, the motor-car. Rest does not mean idleness. I know a stockbroker who, resting from his daily toil, wrote a novel and was cured. I also know a very successful author who, on the very edge of a breakdown, saved himself by going into a foreign meat trade. I myself, a brain-worker, was ordered three years' repose, during which I became a first-class juggler. The way I can make money disappear (by palming, of course) equals the facility I acquired with the real thing when first I was let loose upon the world. I do not mean by saying this to poke fun at my doctor's prescription, but to emphasise the actual, solid truth of the great benefits derivable from those new ideas in medicine which have taken the place of wholesale druggery.

Doctors themselves do not take drugs at least, all doctors have told me so. True, those of them who want to commit murder or suicide show a fine fastidiousness, a nice discrimination, in the choice of poisons, such as the unlearned must surely envy. At other times doctors will have nothing to do with drugs, except to prescribe or sell them. And here I may remark what a good thing it would be if doctors would write on their prescriptions, "Not to be used except by the person named," for many people have a great longing to taste other people's medicine, while the impression that what is good for one is good for all is widely prevalent. The real remedy for this and other evils lies in the supercession of drugs as far as possible by natural treatment, wherein the potent remedial energies provided in such common things as air, diet, raiment, change, and rest, are brought into active operation. This is why the modern doctor, with a modesty, not to say chastity, of self-depreciation truly rare in so learned a profession, proclaims aloud that the way to cure a man of his evil is not to fill his stomach with poisonous drugs, or to plunge a knife into his very vitals, but to take him out into the country, where, walking barefoot in the dewy grass, living on nuts and blackberries, sleeping out of doors, and thinking of nothing at all, he will become again, in body and mind, the same as a little child.

SLEEPING OUT-OF-DOORS.

How a Clergyman is Waging War against Consumption.

HERE is the modern battle of Perseus and the dragon: A man fighting a deadly disease with the weapons of modern science; the prize of the contest is his own life.

The man is the Rev. Dr. Frank M. Clendenin, son-in-law of Horace Greeley, and rector of St. Peter's Episcopal Church, Westchester, U.S.A.

Dr. Clendenin found himself confronted with this monster as a foe last summer. On September 1st he began the contest with it, after searching for the best means to oppose it.

The system which he adopted is one of which the world has heard much of late, at least in theory.

It was the time when the newspapers were discussing the system in vogue in the tuberculosis wards of the Post-Graduate Hospital in New York, and Dr. Russell's "vegetable fluid" as a new and important part of the system. Dr. Clendenin made a study of Dr. Russell's methods of warfare against the scourge. He also familiarised himself with the processes of handling the disease at various sanitoriums in America.

He became at once a convert to the "fresh air crusade," and determined to give the treatment an intelligent, systematic, and thorough trial. The doctors diagnosed his ill-health, which had required him to relinquish his ministerial duties, as the first stage of consumption. They advised him to go to the Adirondacks without delay, and to place himself under competent medical specialists.

TRIED THE SYSTEM AT HOME.

Dr. Clendenin was reluctant to leave his home, and succeeded in convincing his physicians that he could and would follow a systematic campaign, under rigid rules, for combating the disease, amid his surroundings that had become so congenial to him. This he has done, with the constant help of his talented and devoted wife.

"I was fortunate," says Dr. Clendenin, "in being so situated in life that I could give the system a fair and thorough test."

It is the fresh air treatment mainly that Dr. Clendenin has put to the trial, and with it have been the other features of the Post-Graduate College system. The exact processes and the results are interesting, for here is a concrete, actual instance of a careful, intelligent application of the modern systems of combating consumption. And this system is open to all who can give themselves to it—who can forsake all other work for the one enterprise of eliminating a dangerous disease and obtaining vigorous health.

All this Dr. Clendenin has not yet accomplished, but he has gone far on the road to it in the last five months.

First of all, Dr. Clendenin sleeps out of doors, not in a tent or in a shed, but out under the starlit or the storm-swept heavens, as chance may make the night. Since the first of September his bed has been placed on the roof of a bow-window, at the third storey of his home on the hillside at Chappaqua. And of this experience he says:—

"At first I was disturbed on clear nights by the moon shining in my eyes, but I soon got used to that. My sleep in the open air is restful and invigorating. I cannot say too much in favour of it. If everybody slept out-of-doors the limit of human life would be considerably extended, I am sure. I preach it to all my friends. It is a nerve tonic, a system of invigoration for body and mind.

"Since I began sleeping in the open I have been forced indoors on only two nights, when it stormed so fiercely that it was impossible to keep dry. I have an awning arranged so that it can be let down over my bed on rainy nights. As to the winds that blow over these hills quite briskly sometimes, I have no fear.

nor of low temperature. I shall sleep out-of-doors when the thermometer registers below zero. The only necessary precaution is to be warmly clothed, and that is not difficult. The head, as well as the body, must be clothed, leaving a free breathing space about the nostrils."

Warmly clothed, and with feet especially well encased against dampness - in fact, dressed like a hunter or a forest guide—Dr. Clendenin also spends much of his day out-of-doors.

As to the remainder of the system he is pursuing, he himself says:—

RULES OF RESTING AND EATING.

"After this generous absorption of pure air, there is a rule of 'rest,' that must be obeyed. It is—Avoid tiring yourself. Do not exercise to weariness, or read or do anything else to the point of fatigue. Then there only remains the important matter of food, generous meals of nourishing foods, with milk, cream, and raw eggs in between--as much as can be assimilated.

"In following out Dr. Russell's system, I have used his emulsion of fats, and for two or three weeks the vegetable juice, prepared as he suggests, by crushing a variety of ordinary vegetables.

"As to this vegetable fluid addition to the diet, I can only say that it seemed to agree with me. I experienced no unfavourable symptoms from it, and made good progress while I was taking it. Of course, taken by itself, it is not a 'cure'; it is simply one item in a system of nourishing foods, an item that is called for in some cases and is not required in others.

"Cod liver oil probably will answer the purposes of the emulsion of fats. The intent is to inject into the body as much nourishment as possible--it is, in fact, a 'stuffing process.' The tissues are built up by the food and oxygenated by the pure air, and fatigue of all sorts is avoided by tending to destroy tissue and weaken the processes of assimilation."

HAS GAINED TWENTY POUNDS.

Now, as to the results of this systematic test of the new system of treating consumption without medication: Dr. Clendenin has added more than twenty pounds to his weight since September 1st. Then he had a dry, painful cough, which is gone entirely. Last summer the slightest exercise wearied him, now he takes long walks without fatigue. In fact, Dr. Clendenin himself believes he is on the highway of complete recovery, which his appearance seems to corroborate. He has become a missionary of life in the pure out-door air, and preaches it to all his friends.

Is Baldness a Sign of Virtue?

Magistrate says few Bald-heads Commit Crimes.

Simultaneously, from two independent sources, comes striking testimony to the virtues of the hairless head. It is stated that—

(1) There are no bald criminals.

(2) There are no bald lunatics.

Neither statement is laid down as absolute or infallible, but it is claimed that there are only just sufficient exceptions to prove the rule.

The authority regarding the first statement is Mr. J. T. Riley, a magistrate of the Halifax Bench, who said in court that he had only met with two bald "charges" in his twenty-three years' experience.

With regard to the second statement, the Rev. H. M. Nield, of Bradford, quotes "a head official" of the Rainhill Asylum, who assured him that he would never need the hospitality of that institution, as he was quite bald.

It was difficult to find authorities in London who whole-heartedly bore out these two theses. A gentleman who frequently visits Bethlehem Hospital in an official capacity said to a representative of *The Daily Mail*: "My impression of the lunatics I meet there is that they are usually a shaggy race."

An experienced police inspector bore out to a great extent Mr. Riley's statement about the lack of bald-headed criminals, but he advanced a commonplace explanation.

"Criminals," he said, "are notoriously a short-lived race. I admit I have seen very few bald-headed men in this charge-room, but by the time a criminal reaches the bald-headed period of life he has either died or has reformed. There is one notable exception, however—that was Charles Peace, the murderer and burglar."

Murray, "The Muscular Marvel" (and winner of the Sandow Gold Statuette), has been appearing at the Camberwell Palace of Varieties in a variety turn. With a little polishing up here and there, the turn would be a very good one.

THE SHEEP IN WOLF'S CLOTHING.

THE TIMID MEN ARE THE BIGGEST BULLIES AT HOME.

IN every human being there is a certain amount of fight—the quality that is called combativeness. It was implanted there by the Creator to enable man to protect himself and his family against enemies, to shield his wife and children from the beasts of prey that menace their safety.

Centuries ago it was distributed almost equally, for the man who had no fight in him soon was destroyed by the others. But as the race developed, and the savage human being began to have more brains, he discovered that it was better to enslave the weak than to kill them, and thus grew up the system of servitude which has lasted in various forms up to the present time.

In the slaves the fight soon died out. It became necessary for the masters to protect the slave as they protected their own families, and gradually there was born a race of sheep, of humble, obliging human beings, content to do the bidding of others, and satisfied with the crumbs from their masters' tables. To-day the quality of combativeness is unequally portioned out.

In all men there is a little, and the sheep in wolf's clothing, drawn by Mr. Carter, has just enough to be brutal to his family, and no more. From men of his own strength and stature he shrinks away, or fawns upon them. To gain business or social advantage he will cringe and kowtow, going through life with his hat off to everyone, and bowing and scraping like a comic opera butler.

Tell him that the day is fine and he will agree with you. Say that it looks rather stormy, and he will admit that it is rather a rough day.

If he has opinions of his own he dare not express them. He eagerly questions you to learn what you think about the matter, and then echoes your opinion with sycophantic reverence. It is impossible to chagrin or insult him, because he refuses to take offence, and pretends to misunderstand either sarcasm or abuse.

Now, let us go home with this placid sheep and see how he changes.

He knows that his wife and family depend on him for their support; he believes that they admire and venerate him.

The children run to cover when he enters the door. His wife, embarrassed and uneasy, hastens to set his dinner before him, and apologises because the meat is burned.

But the sheep accepts no apology. It is his turn to be the wolf now, and he proposes to make the most of it. He snaps at his wife, complains of the dinner, growls at the children when they come timidly to the table, and allows no one to interrupt him while he talks importantly of what a great man he is, and how much he is doing for his family. All the little share of fight that he possesses is called into use, now that he is safe to fight.

The whole evening is spent in bickerings and disputes, fault-finding and abuse, and when at last he goes grumbling to bed, his wife, full of sympathy for his "business troubles," sighs sadly to think that her dear husband has to struggle so hard for a living that his "nerves" are all shattered by nightfall.

In the morning the sheep, still wearing his wolf's clothing, gets out of bed snarling, and comes down to the breakfast table to make gloomy predictions about the future, and to set his wife worrying by prophesying that the whole family will soon be in the poorhouse if the children continue to wear their shoes and clothes so fast.

There is no peace for the children, for whom he is responsible, and whom it is his duty to make happy until he is gone.

And although the elastic spirits of the youngsters expand when the door closes on him, his wife, who has done twice her share towards bringing up the family, sits blue and disquieted, thinking of the dire predictions he has made about the future, and feeling sure that it is his

business troubles that have made him so cross and fretful.

But the sheep has now forgotten his combativeness. He is back in the world, where he must make his own way smooth by demeaning himself to everybody, and save his much-talked-of nerves by avoiding trouble whenever it shows itself.

The sheep has perverted and misused the fight that was put in his soul for a good purpose. Instead of employing it to defend his wife and children from wrong—to see that poverty shall never pinch them, and to spare them from the annoyances that make life full of trouble for the unprotected—he turns it all on them.

Every grievance he has suffered during the day he takes out on them at night. Every humiliation that has come to him he makes them endure tenfold, knowing that they will not fight back, because they dare not.

If you look for the sheep among your friends or acquaintances, you will not find that they are the men who amount to anything.

Those who accomplish things in the world because of their combativeness, employ it not at home, but on the outside. They are slow to quarrel, but quick to resent an injury. An assault on their peace and safety, or the peace and safety of their families, calls out all fight in them, and it is expended to good purpose.

If they are business men they safeguard their business interests, and are not afraid to fight the biggest trust in the world, if the trust is a menace to them.

If they are employés, they watch the interests of their employers, and fight for them as they would fight for their own interests.

Never hunting trouble, they never go out of their way to avoid it, and when the time comes that they must fight, they fight with all their minds and all their strength, and keep on fighting until the dispute is definitely settled.

When evening comes, and the day's work is done, the fighters, thoroughly tired of being wolves, go home, and are content to be perfectly tame sheep until the next day.

Bad cooking, noisy children, cold houses are matters of indifference. The day's fighting is done, and there will be no more until to-morrow.

In the homes of the most aggressive, energetic, and combative men you will see their children rioting about, climbing over them, using them for saddle-horses, and going through their pockets, while they look on smiling. Their wives, whom they appreciate, have their own way, and placidly defy them, feeling confident that there will be no protest.

Such men have real strength and real importance. They know the value of their homes as places to rest, and they understand that a man's best counsellor and most disinterested friend is his wife.

If you are even just a little of a sheep, learn to imitate them.

Use your small supply of combativeness, not to fight with your family, but to fight for them.

And you will find very soon that not only is your peace of mind improved, but that your success will date from the day you ceased to be a sheep on the outside and a wolf at home.

Dumbness Cured by Fright.

Speaking of the influence of the mind on the body, a noted medical writer thinks there is nothing improbable in Herodotus' story of the dumb son of Cræsus, who suddenly found his speech when he saw a soldier raising his sword, and exclaimed, "Do not kill Cræsus." Medical records, he says, contain well-attested cases of dumbness cured by sudden fright. Hysteria and epilepsy also have been benefited. A physician in a lunatic asylum not long ago cured a hypochondriac by sending him a number of violently abusive postal cards. The anger at them and the eagerness to find out who wrote them diverted the patient's mind, and he improved rapidly.

The Walk that Counts.

There is no virtue in a dawdling saunter. The slow and languid dragging one foot after the other, which some people call walking, would tire an athlete; it utterly exhausts a weak person, and that is the reason why many delicate persons think they cannot walk. To derive any benefit from the exercise it is necessary to walk with a light, elastic step, which swings the weight of the body so easily from one leg to the other that its weight is not felt, and which produces a healthy glow, showing that the sluggish blood is stirred to action in the most remote veins.

A City Built on Pills.

How a Chemist Amassed Millions and Built "The Pill City."

BRIEF reference was made in the editorial notes recently to the death of Senator George Taylor Fulford, who died a millionaire, as the result of the successful exploitation of a popular patent pill. The life-story of Mr. Fulford is a romance of commerce.

Mr. Fulford's rise from poverty to affluence, and from obscurity behind the counter in a drug store in a Canadian village to world-wide fame, is one of the most remarkable in the records of business.

Twenty years ago Mr. Fulford had a small retail druggist's shop in Brookville, then a village, on the St. Lawrence. Outside the village there lived a country medical practitioner, who was in the habit of making up an iron pill with a pink coating, so that the iron should not discolour the teeth, and in order that the medicine could be taken in a palatable form.

This doctor found there were greater demands for this pill than he could conveniently supply, and he sent his patients into Brookville to Mr. Fulford's "store," where it was made up from the old doctor's recipe. His desire was to save himself worry and trouble, and he wrote the druggist a letter, giving him the sole rights to make and sell the pill.

Mr. Fulford was a business man of great acumen, and at once he saw there was a fortune in the pill if only the public knew more about it, and had the chance to buy it.

Without loss of time he started to advertise the pill by small handbills, and then in the newspapers—first in a small and modest way, but as the sales rapidly grew, on a larger scale.

Soon the fame of the patent pill spread far outside Brookville, right up to Montreal and Quebec, and then all over Canada and the United States.

Mr. Fulford's fortune was acquired in record time, even for America, that land of fast-made fortunes, and he was able to gratify his every whim within five years of the sale of the first packet.

He died as the result of a motor-car accident at the height of his prosperity, but Brookville, for all time, owing to the huge factories to supply the world he built there, will be known as "The Pill City."

A Human Paradox.

Sits up Late, Drinks large quantities of Tea, and has just turned the Hundred.

"WHY, it's nothing to make a fuss about: it's just a tale that is told." This was the modest remark made by Mr. Henry Wright, of Halifax, who has just turned his hundredth birthday.

His sight and his hearing are not so good as they were a year or two ago, but with glasses he can see well enough to read his newspaper for hours at a stretch, and to write letters—in a surprisingly firm hand, by the way—and in conversation, at all events, his defective hearing is not a serious disadvantage.

At the recent Parliamentary election he went to record his vote both for the Halifax borough and for the Elland Division.

Tobacco he has always abjured—since one memorable day in his youth, which even now he recalls with a pang. Those who declare tea to be a poison will get no support from Mr. Wright, who has been a great tea drinker all his life.

Nor does his experience bear out the truth of the maxim of "early to bed and early to rise." He admits that he keeps "early" hours—early morning hours. "If you called at one o'clock any morning the chances are that you would find me still out of bed. And," he added, "I have never had a serious illness, or even toothache, in my life."

Mr. Wright was reminded that an eminent doctor has recently declared that there is no reason why everybody should not live to be a hundred. "Ah!" he retorts, "but they don't." He attributes his long life to a naturally sound constitution and to careful living.

He has lived under five Sovereigns, and seen them all, and was nine years of age when the battle of Waterloo was fought.

IN THE ARENA OF SPORT.

Baseball in London.

There are plenty of people who follow football enthusiastically throughout the winter, but look upon cricket as too tame. So an attempt is being made to introduce baseball into this country as a summer sport. At a meeting which was held reeently to discuss the possibilities of forming a baseball league, among those present were representatives of the following Southern football clubs:—Crystal Palace, Tottenham, Clapton Orient, Arsenal, Luton, Chelsea, Fulham, Millwall, and West Ham. Mr. Cook, the organising secretary, gave an interesting description of the game. Independent evidence was given that no harm would be done to grounds. Representatives of all clubs present spoke in favour of forming a British Baseball Association. It was agreed that the clubs present form the nucleus of the association. Mr. J. Cameron was appointed to act as hon. secretary *pro tem.*

International Player's Misfortune.

While James Ashcroft, the popular international and Woolwich Arsenal player, was officiating in a recent match with Tottenham, his house was entered by thieves, and all his medals stolen. The place was ransacked from top to bottom. Empty medal cases were strewn in all directions, drawers had been turned topsy-turvy, and their contents scattered. No less than five empty medal cases were counted, and the medals stolen include the gold medal struck in honour of Woolwich Arsenal reaching the First Division. All the available money in the house was taken, and one purse which only contained a few coppers, was emptied.

Our old friend Milo, in his new name, Brinn, "The Cannon King," is being "billed" in big type for the principal variety theatres of New York and other American cities. The cannon feats are remarkable, and when Brinn returns to England cannot fail to prove popular in the extreme.

Mr. W. Bruce Sutherland, of the Edinburgh School of Physical Culture, 12, Shandwick Road, writes: "Dear Sir,—For the benefit of your many Scotch readers who are interested in wrestling, might I inform them we have secured the services of W. L. Ross, the well-known Scottish wrestler, who can be seen nightly?"

Never Lost a Match.

The London Welsh third team have just concluded a most successful season. They played 21 matches, and won all, scoring 460 points against 32. The members of the team recently held a jubilation dinner at the Welsh Harp, Hendon, to celebrate their success.

Entente Cordiale.

At Easter, the Finsbury Park and Unity Cycling Clubs united in receiving the leading French cycling club, Le Audax Parisian C.C., in return for the latter's reception of the English clubs last Easter. On Good Friday a visit was paid to Portsmouth and Brighton, and on Saturday both clubs united at Newhaven Bridge Hotel, and visited the town. On Sunday, after a reception of the French club, a ride was undertaken to Brighton, and on to Riddlesdown. In the evening, a dinner and concert were given at Anderton's Hotel. On Monday, all toured round London to various places of interest, and attended the cycle meeting at the Crystal Palace.

Australian Cricketers' Nest Egg.

The benefit match in aid of J. J. Kelly, the famous Australian wicket-keeper, realised £1,398 4s. 1d. To discuss the disposal of this sum a special meeting of the New South Wales Cricket Association was called, the intention being to place £1,000 in trust for Kelly's behoof and to hand the balance over to him. To this proposal Kelly had already given his assent, but the meeting had scarcely opened when an order was handed in from him to pay the money over to two gentlemen named. Mr. Green said the association had been flouted, but he was reminded that "that was the association's look-out; that it ought to have drawn up conditions under which the match was to be played."

New Opponents for Hackenschmidt.

Henri Eberle, the famous German athlete, may visit England shortly, to challenge Hackenschmidt for the Græco-Roman championship following the big match with Madrali. As to the latter match it is pretty generally expected that Hackenschmidt will win, bar accidents. Both men are, at time of writing, in fine form, and a good match should be witnessed at Olympia on the evening of the 28th.

Madras wrestlers in trade clothes and full dress.

READERS' CLUB.

President - - EUGEN SANDOW.

Motto:—**One may Help Many.**

For the exchange of ideas, personal experiences and photos for the encouragement of Club Members. Every Reader is a Club Member.

Readers are expected to act up to the Club Motto.

and for services rendered the President will award to the sender of every published idea, experience or photo, the Club Fellowship Medal as a token that the rightful owner has earned the Fellowship of the Club.

In the Land of Gold.

Victoria, British Columbia.
March 10, 1906.

SIR,—I have been a reader of your magazine for some years past, and still have a lively interest in your progress.

I first took my exercises with you some four years since, when in the States, and I must say that I have gradually improved in form ever since, and increased in weight. I have to thank you for a great deal of knowledge on the subject given, and practised by me, which I have found to be invaluable. In nearly all the public schools here Physical Culture is taught, and a drill-master is the order of the day.

I have done my best to make your grand system known amongst my friends, and the weak generally.

S. W. REYNOLDS.

A Record Village.

Ashtead, Surrey.

SIR,—I saw rather a pretty sight, when walking through the park here last week, and one which I think you would have appreciated.

Three little dots, their average age about six, were drawn up in line, at strict attention, doing your exercises, in the shade of some fir trees. On coming nearer, I found their instructress, aged ten, was the daughter of the lodge-keeper, and had been one of my pupils, in a class of thirty Band of Hope children, through the winter months. So the ball of Physical Culture rolls! The children here, rich and poor, are strong and healthy—the majority not very tall, but thick-set and broad-chested, and, as far as I know, there is no case of lameness or deformity in the schools—certainly *no physical deterioration!*

I have had sixty pupils here, charitable and otherwise, a fair proportion out of a population of just over 2,000 people; and this village earned the distinction, during the South African war, of sending out there, more men—volunteers and regulars—than any other village of the same population in England.

(MISS) P. CRESSWELL
(S.M.R.C. Medallist).

Thornaby-on-Sea.

SIR,—As you are aware, fifteen months ago I was suffering from neurasthenia, and I thought my case a very hopeless one indeed.

I read "Strength," etc., and was immediately buoyed up after making a careful study of its contents. That book did a great deal for me; it gave me faith—that which, when properly possessed, is the real foundation of a cure. When I saw that, instead of going on losing flesh, I increased my weight nearly 15 lbs. in four months, it is sufficient evidence to prove that I had struck the right path.

But that was nothing. I had been a sufferer for over ten years, and as my weight improved my health improved with it.

I never dreamed of such rapid success. In time I began to feel that I was a different man, full of life and vigour.

In conclusion, I would like to offer a suggestion to you, which, in my opinion, would greatly interest and at the same time be a source of instruction to all culturists, especially those who do not quite grasp the real necessity of concentration of mind. It is this: There are thousands like myself, who have never had an opportunity of seeing you at exercise, and I have thought that an exhibition given by the cinematograph—a true exhibition of Sandow using both Developer and Dumb-bells—would be a very useful guide in the manner of proper movements to students who practice only in a monotonous way.

ROBERT MOODIE.

Cured of Dyspepsia.

Leeds.

SIR,—Two years ago I had a very severe attack of dyspepsia and palpitation of the heart. I attended a doctor, but still I was always ailing. I could not walk a hundred yards but my heart used to thump very quickly, like an engine.

Happening to buy a bundle of old papers, I found in them one of your magazines. I read of the great benefits which many of your readers had derived, so I started exercising. Since then I have not suffered from any ailment, but on the other hand, I feel as sound as a nut.

JOSEPH BAKER.

From "Down Under."

New Thebarton,
South Australia.

SIR,—Seeing you invite readers of your valuable magazine to state their experiences, I will tell you how I began "Physical Culture."

About two years ago, before I started Physical Culture, I was a very delicate specimen of boyhood. At this time I was taking a weekly paper called *The Boys' Leader*, in which an article, "How to Make Muscles like mine," appeared. Some of the exercises were to be performed on your "Combined Developer," and as the use of the Developer was strongly recommended, my father bought me one. A little while after this, I bought your splendid book, "Strength, and How to Obtain It." For a short time I did the exercises as shown on the chart with 3-lb. dumb-bells. One day, not so very long after, I bought a copy of SANDOW'S MAGAZINE, and seeing the splendid developments of men in the magazine, I again went to my father, and hinted that my birthday was drawing near, and that I would like a pair of "Spring Grip Dumb-bells." Well, I got my Grip Dumb-bells, and so I had both Dumb-bells and Developer. Seeing your book, "Body Building," advertised, I bought it, and received great benefit from the advice given in the book. I now have a good few Physical Culture appliances, including a punch-ball, pair of clubs, Grip Dumb-bells, Developers, and several pairs of solid dumb-bells.

I am fourteen years old, and have not needed the attendance of a doctor since the age of twelve.

FRED WENZEL.

What the Doctor Said.

Truro.

SIR,—It is now five years since I first wrote to you about my physical condition, which was anything but what it should be. At that time I was suffering from nervous debility, and much run down, the result of much confinement and overwork. After my first month's course I began to mend, and have since worked persistently at it daily, with this result.

My working capabilities and staying powers are all doubled, and what before was an effort has now become a pleasure. Indigestion, torpid lassitude, and lost appetite are to me now unknown quantities, and I am (to quote a medical man's opinion) a perfect specimen of manhood.

What you and your system have done for me, the same applies to all readers of your magazine, for any man or boy honestly following out your clear and simple instructions, could not fail to rapidly greatly improve his physique. Any individual (and I hope all readers will bear this in mind) gifted with a fair amount of determination, is absolutely certain to develop his physical powers at a rapid rate, and with the most happy results to his general health and mental powers and activity by following with intelligence your system.

I am now endeavouring to carry out your club motto, "One may help many," for I have a class of ten young men, three of them recommended by medical men of the town to place themselves under my tuition, and in one case there was a trace of tuberculosis, which has quite gone, and you will be pleased to know this pupil has been pronounced to be perfectly sound by two medical men, and has been accepted by an insurance company for a big sum on his life.

THOMAS BICKELL.

From an Indian Reader.

Madras.

SIR,—About four years ago I was visited by typhoid fever, which, needless to say, reduced me, already a weak boy, to a living skeleton, and consequently my health had run down, and enlargement of spleen was taking place. My father did his best to secure as good and as many medical aids as were possible for one in his fairly good circumstances, and even with all sorts of patent medicines relief seemed to be a perverse maid. I was then unable to have a long walk, nor to have any steadiness of purpose in my mind.

Happening to see the wonderful book, "Strength, and How to Obtain It," projecting from the piles of other books in a shop, I purchased it, and having persuaded my father to buy for me a pair of spring dumb-bells, I kept working steadily at it for six months, at the end of which period I became a different man altogether. My mother, who was away for a few months from here, failed to recognise me.

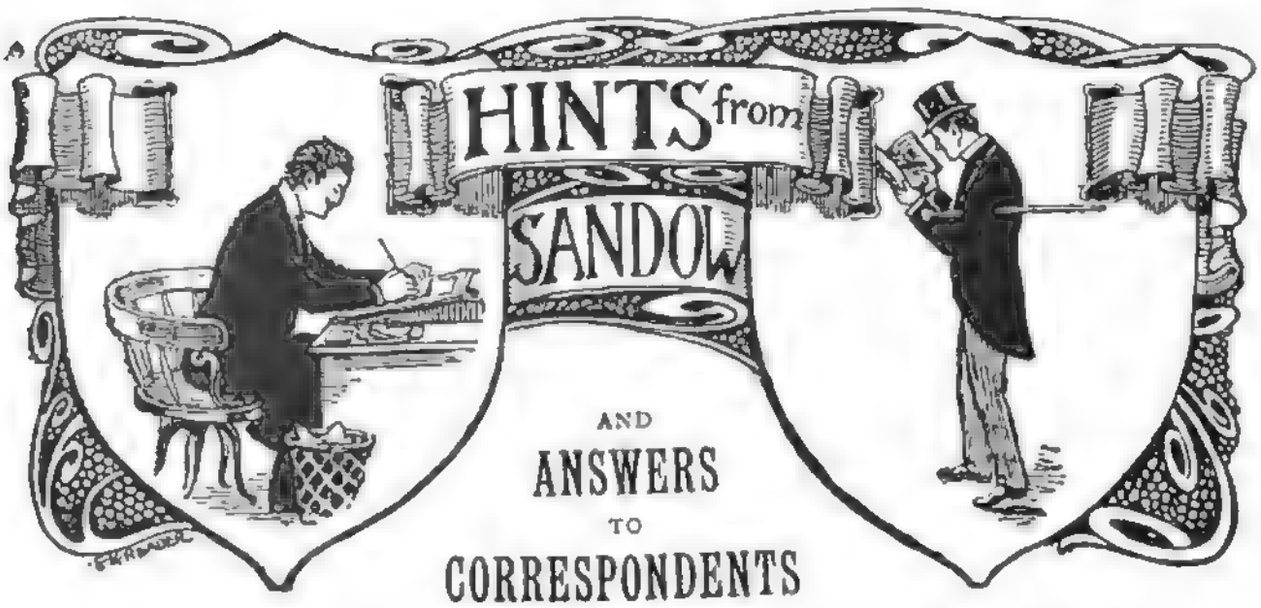
I have been a reader of your mag. for the past year, and am one of those who think that "exercise is as necessary as food."

V. K. MUTHUKRISTNAN.

Feeding a Football Crowd.

The feeding of the huge crowd that gathered at the Crystal Palace to witness the Cup final was a task of Herculean character. The commissariat was conveyed from Messrs. Lyons' headquarters at Cadby Hall to the Palace in 20 huge pantechnicons, and weighed many tons. The staff numbered 1,200, and some 360,000 cups, saucers, and glasses, to say nothing of a quarter of a million of knives, forks, and spoons, were called into requisition. The quantity of food alone was enormous. The chief supplies included:—

5,000 pounds of bread.
20,000 pats of butter.
1,250 sandwich loaves of 8 lbs. each.
70,000 slices of bread and butter.
30,000 slices of cake.
13,000 scones.
10,000 buns.
3,000 pork pies.
100 rumps of beef, providing 30 steaks each.
75 loins of mutton for chops.
12,000 pounds of potatoes.
800 gallons of milk.
1,000 cabbages, and
250 fowls.



Although I have opened these pages for the purpose of coming into closer touch with my friends and readers, it must be remembered that space is limited, and I CANNOT *prescribe courses here. All communications relating to instruction by post should be addressed to me at* BASING HOUSE, BASINGHALL STREET, E.C., *and these will receive prompt attention. Ordinary replies cannot be answered by post.*

C. W. (PLYMOUTH) writes that he is 17 years of age, and his neck measures only 12½ inches. He wants exercises to make it larger.

Answer: Use of the Sandow Developer as a chest expander exclusively every other day will quickly enlarge neck measurement.

J. H. DONKIN (CRAWCROOK) writes: "Being an ardent Physical Culturist, and a great admirer of your system, I take a great pleasure in writing to you. I think the S.M.R.C. a grand addition to your weekly magazine. I think the experiences of readers will do a lot to help others in their endeavours to become Physical Culturists. Mr. Sandow, don't you think, if you were to spare a page for illustrations of exercises for the youngsters, it would help to create a desire for them to become Physical Culturists, as well as their bigger brothers and sisters? I know you are doing your best to educate us all in Physical Culture methods, and I also know that your magazine is the best magazine on Physical Culture, but I think a few illustrated exercises would naturally create a desire amongst the youngsters to read the printed matter in the magazine. I hope you do not think I am surmising that the youngsters do not read your magazine now—far from it. I know some who take a great interest in it. I take a great interest in the younger boys and girls, and hope the time is not far distant when we shall see physical education in the schools. I think it will be the best Bill that the Education Committee ever brought up, and we can thank you, Mr. Sandow, for awaking them to the fact. If they had brought that Bill up and passed it when you first made your voice heard, there would be a good many young men and women who would have been better both in mind and body to-day that are now weak and sickly through not knowing anything about themselves; whereas, if it were taught at school they would get it impressed on their minds, and not forget it. I hope to see this in your magazine, if you think it worthy of a place. Wishing you success in your grand undertaking in making men and women better in mind and body."

Answer: You will see that more attention is being paid to the needs of the children and young people in this magazine. As to exercises, your suggestion will be adopted in future issues. There is no doubt that the near future will see a wonderful recognition by the public authorities of the value of physical training for our future men and women.

In a recent case of theft, a Mr. W. Geo. Murray, a "strong man," was sentenced to four months' imprisonment. The reports of the case might mislead many to confound the name with that of Mr. W. L. Murray, the well-known physical culturist, and the winner of the Sandow gold statuette. Readers of the "S.M." will be glad to know, however, that the latter is still "at large," and has no connection with his dishonest namesake.

More than Mere Hints

Are necessary to enable those readers who are threatened with, or are actually suffering from, such serious ailments as lack of energy, nervous disorders, indigestion, anæmia, liver troubles, constipation, and other bodily derangements, to attain to the highest standard of health and strength.

In the re-building of a sound body and brain, strong and healthy in every part, it is absolutely necessary to success to remedy every weak spot, otherwise there is danger of its breakdown at some time of need.

There are thousands of even well-developed physical culturists with weak points, for it is quite easy to build muscle on a body not sound in every part—just as it is easy to paint an unsound bridge and make it look alright.

If you are conscious of being troubled with any of the ailments—even if the symptoms are only temporary—mentioned in first paragraph, you *should* be fully conscious of their existence as weak points in your constitution.

Given a proper understanding of yourself, you are in a position to make good those weak points.

Just how to do this—how to accomplish this in the surest and quickest and most effective way—is explained and illustrated in a book to which you, as a reader of this Magazine, are entitled to receive quite free of charge on written application to

EUGEN SANDOW, Post. Inst., Dept. S.,
Basing House, Basinghall Street, London, E.C.

Bacon Cure for Indigestion.

Doctor's Startling Statement.

THOSE who rail at the Britisher's breakfast of bacon and eggs will be surprised to hear, on the authority of Dr. Woods Hutchinson, that bacon is the best cure for dyspepsia.

"I have seen more cases of dyspepsia cured by the use of breakfast bacon than by any kind of drug or restricted diet," says Dr. Hutchinson in *McClure's Magazine*."

"In our first crude and childish experiments upon digestion and the digestive powers of the human stomach, the first and most obvious test of the digestibility of a food applied was the length of time which it took to leave the stomach.

"With naive simplicity, we took it for granted that food could only leave the stomach by way of absorption into the blood vessels, and that the whole process of digestion was carried out in that much-enduring organ. But the stomach is little more than a place of deposit for the food, where it may be sufficiently churned and partially dissolved in water, with the assistance of weak acid and pepsin, before being passed on into the real digestive organ of the body, the small intestine.

"There is no necessary connection between the ultimate digestibility of a food and the length of time which it remains in the stomach. The old tables of digestibility which still encumber many of our text-books are arranged chiefly upon the ease and swiftness with which particular food substances can be acidulated and passed on out of the stomach. Naturally, pork comes late in the series, because it contains large quantities of fat, and that fat is distributed among its fibres.

MOST VALUABLE MEAT FOOD.

"If any fermentation takes place in the stomach from the sugars and starches, gases are formed, eructations occur in the mouth, and the poor pork, which may have been only a harmless spectator of the disturbance, is tasted and blamed for the whole trouble.

"Even though it takes pork four hours to leave the stomach, and six more to be dissolved and absorbed in the small intestine, what does that matter so long as it is completely assimilated by the end of that time, as it is in 90 per cent. of all digestive canals? It is the slowest, but also one of the surest, foods that we have to give off all its energy to the body. Its very slowness of digestion is what gives it its splendid staying powers for hard work, whether muscular or mental.

"An adult alimentary canal, which cannot digest bacon or ham, is not to be regarded as healthy, and instead of humouring and giving in to a weak digestion, it should be braced up and, under skilled supervision, educated to take what is given it and make no fuss. Pork, including ham and bacon, is easily our second most valuable meat food."

Nature's Medicine Chest.

If people would study the various vegetables, fruits, etc., as to their medicinal qualities in remedying ailments, there would be less demand for the doctors' services. It should not be difficult to remember that fruits and acid vegetables (tomatoes) are good for the liver. Lettuce and celery are good nerve tonics. Beans, peas, lentils, etc., produce strength and heat, and are a good substitute for meats in winter. Onions and radishes are preventives of colds. Eggs are easier to digest when slightly boiled than when eaten raw. Macaroni and vermicelli, on account of their closeness of grain, are not as easily digested as light bread. Potatoes, when mealy, are easily digested. When close and watery, they are hard to digest. Bananas, on account of the amount of nitrogen they contain, are easily digested. The sufferer from dyspepsia should take turnips, spinach, cresses, salads, celery, lettuce, and dandelions. A person suffering from chronic rheumatism should avoid dried fish.

Prominent Bowler's Death.

Dr. W. G. Grace has lost a valued assistant by the death of Mr. H. B. Gammon, whose funeral took place recently at the Crystal Palace District Cemetery. The deceased was specially known both as a keen bowler and in connection with the services rendered to Dr. W. G. Grace in the secretarial work of the London County Club's single-handed tournaments open to the world, which take place annually at the Crystal Palace. Before joining the London County, Mr. Gammon was a member of the Bromley B.C., and held the championship for one year.

Army Cycling Champion.

Lance-Corporal J. Wright, of the 92nd Highlanders, has won the three-miles British Army bicycle championship for 1906 at Calcutta.

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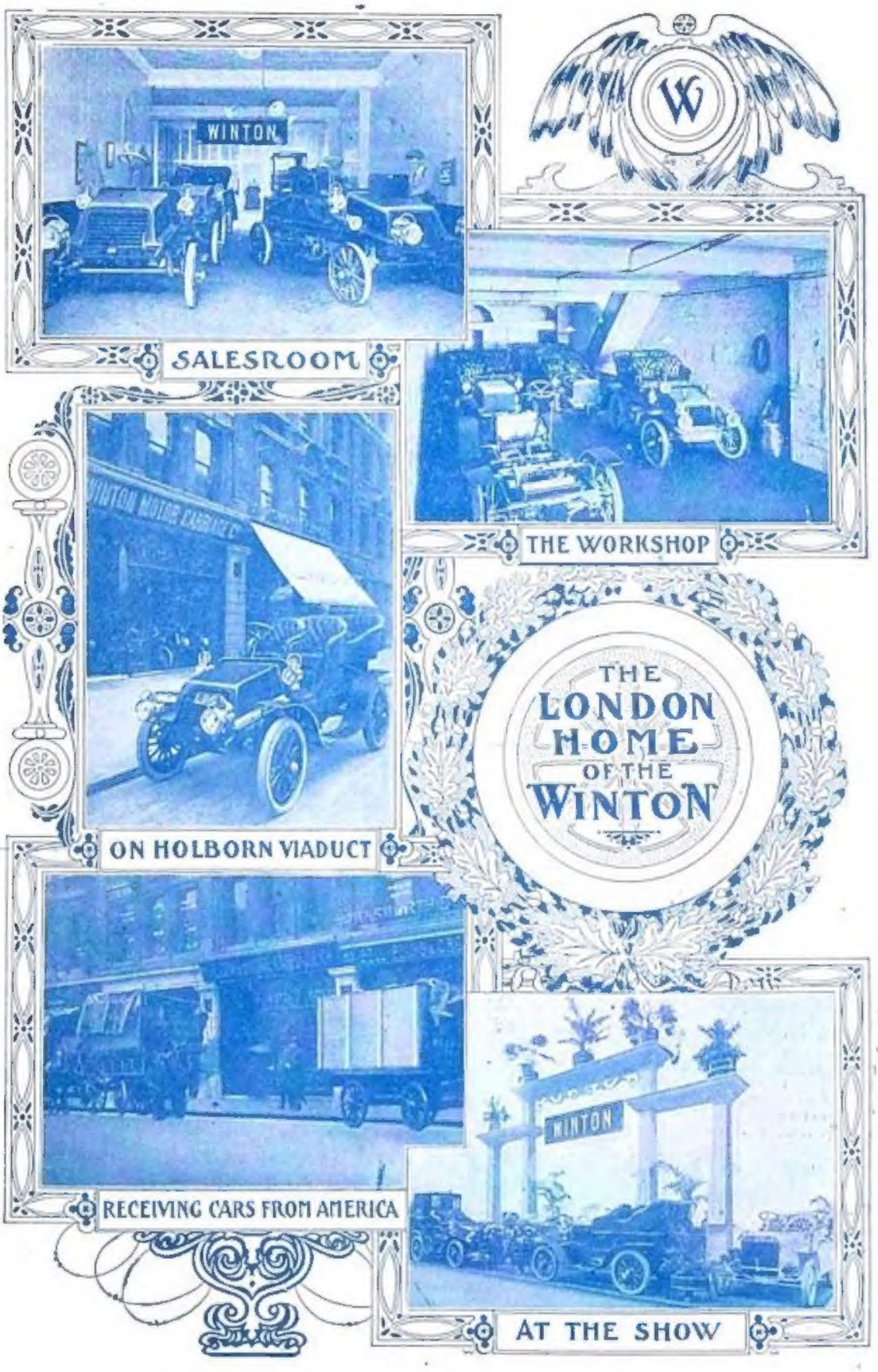

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